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Celebrity Buzz

Pattinson sets heart aflutter in NYC

pg 30

Style pg 26

Milan shows bright for men

IranCrisis

Metro Canada is keeping you up to date with everything you need to know about the evolving crisis in Iran.

On metronews.ca

- **Look back on how events have unfolded with stories, photos and video in our ongoing Unrest in Iran section**

Sunny **Side**

Follow Metro's SunnySide initiative as we help you find the good news around Vancouver and Canada. This is also a Call to Action for you to send us your suggestions at vancouverletters@metronews.ca, metronews.ca or on Twitter @metrovancouver.

On metronews.ca

- **See what other Metro readers are doing and saying about SunnySide**

SameSex Marriage

With pride weeks now underway across the country, Metro Canada is taking a look at the state of same-sex marriages all this week.

Today

- **We introduce you to some couples hoping to get married in the U.S., pg 12**

Tomorrow

- **An update on the status of same-sex marriages in other countries**

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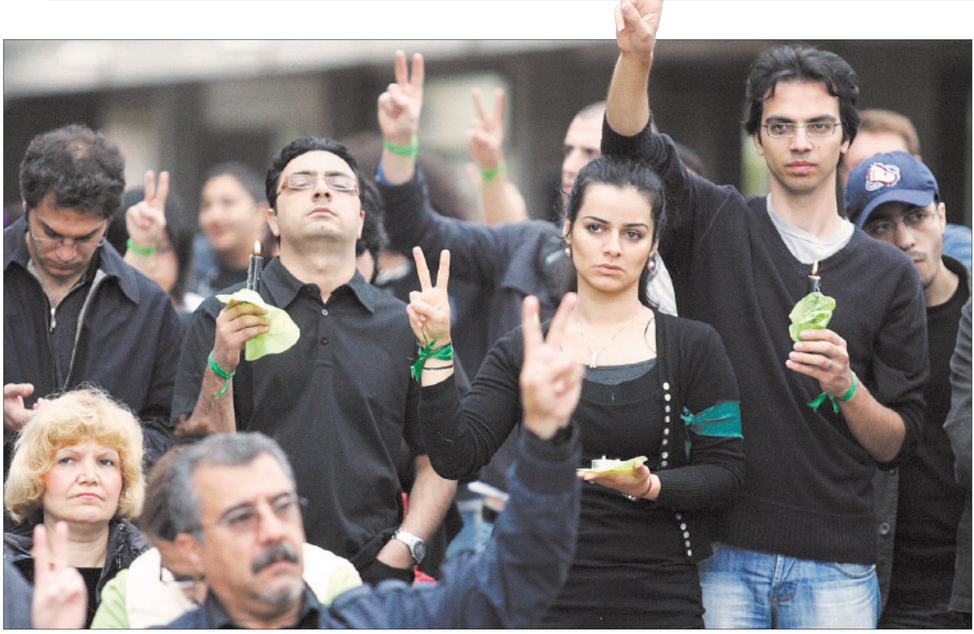

JEFF HODSON/METRO VANCOUVER

Students at Simon Fraser University in Burnaby hold an eight-minute silent vigil yesterday for students killed during protests in Iran. Liberal Leader Michael Ignatieff will be in town tonight as the keynote speaker at a final "silent scream" rally at the Vancouver Art Gallery. Story, pg 4

Iran's Ayatollah firm that vote will stand

Government blames continued discontent on foreign powers

Iran's Supreme Leader Ayatollah Ali Khamenei declared yesterday a disputed election result would stand, despite street protests that Iranian officials say Britain and the United States have incited.

About 200 protesters reacted by braving the security crackdown near parliament and were met by riot police, which later used teargas to break up the protest.

Police and militia have largely succeeded in taking back control of the streets this week after the biggest anti-government protests since the 1979 Islamic revolution. The hardline leadership is refusing to give ground.

"I had insisted and will insist on implementing the law on the election issue," said Khamenei, the most powerful figure in Iran. "Neither the establishment nor the nation will yield to pressure at any cost."

Ahmadinejad's government blames the discontent on foreign powers, accusations rejected by London and Washington.

IranCrisis

"Britain, America and the Zionist regime (Israel) were behind the recent unrest in Tehran," Interior Minister Sadeq Mahsouli said, according the semi-official Fars news agency.

Up to 20 people have been killed in the protests, according to Iran's state English-language Press TV. Amateur footage of clashes with security men, and of some of the deaths, has been posted on the Internet and viewed around the world.

The image of "Neda," a young Iranian woman killed in the protest, has become an icon for the demonstrators.

Supporters of defeated Mirhossein Mousavi said they planned to release thousands of green and black balloons imprinted with the message "Neda you will always remain in our hearts" on Friday.

REUTERS

Controversial question off education website

POSTING Students lose marks for incorrect answers on their finals but should the ministry of education be dinged for posting a controversial exam question online?

The multiple-choice question, which has since been pulled from the ministry's website after a complaint, was part of a preparation exam. It asked:

"They have been fighting to regain a homeland since they were driven out in 1948. Some have lived their entire lives in refugee camps. Forty years later, Israel still refuses to recognize their right to exist as a nation."

Jews, Iranians, Egyptians and Palestinians were the multiple choices.

A Ministry of Education spokesperson, who asked not to be named, told Metro Vancouver the question appeared online only as part of a practice exam for students studying for a History 12 provincial exam.

It was taken down after a complaint by the Canadian Jewish Congress that the question was too simplistic.

History teachers usually collaborate to formulate questions for provincial finals based on curriculum and the spokesperson said he was not sure how much vetting the questions go through before they're posted online.

The ministry has asked the Canadian Jewish Congress to forward any further concerns.

KARL YU/FOR METRO VANCOUVER

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Eastside Pride set to entertain
Western Canada's largest LGBT Pride celebrations begin in Vancouver Saturday with Eastside Pride at Grandview Park. The 31st annual event includes a full day of entertainment, artisans and culinary delights from The Reef. **METRO VANCOUVER**

Local

Undies charity drive dropping by

Around 300 pounds of underwear, or roughly 25,000 pairs, are making their way across the country for a charity drive, with the first stop in Vancouver today. About 2,500 pairs of panties, boxers and briefs will be dropped off at the Union Gospel Mission on East Cordova Street at 11 a.m. **METRO VANCOUVER**

Special-needs students may be hit by job cutbacks

KARL YU
for Metro Vancouver

EDUCATION B.C. Teachers' Federation president Irene Lanzinger is warning that 500-plus teaching jobs could be lost by the next school year, and students with special needs could be among the most affected.

"Over the years the additional amount provided by the provincial government has not been enough to cover increased costs," Lanzinger said.

"School boards have increased costs because of negotiated salary increases, increased cost of transportation and hydro, and the obligation to be carbon-neutral ... So they have these increased costs and (they) are not being funded by the government entirely."

> **"The additional amount provided by the provincial government has not been enough."**
> Irene Lanzinger

She also said that the estimated cuts would mean less support staff for those who need it most.

"When I talk about less support, I'm talking about ... people like a learning assistance teacher, a special-ed resource teacher, someone who comes in to support a student with special needs."

Lanzinger said special-needs students include the learning disabled, ESL students or even students that are struggling in general.

Heavenly aim for chefs

Winner of TV's Hell's Kitchen to land job at Whistler eatery

KRISTEN THOMPSON
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Whistler has earned its place as a premiere ski destination, party town and soon-to-be Olympic venue, and it's about to have another claim to fame — a spot in the upcoming season of Hell's Kitchen.

Foul-mouthed celebrity chef Gordon Ramsay has chosen one of the town's high-end eateries, Araxi Restaurant, as the grand prize for the sixth season of his reality show.

Sixteen chefs will be duking it out in the kitchen to snag a job at Araxi. It will be the first time the show has ventured outside the United States.

James Walt, head chef at the restaurant, said it was "surreal" to have Araxi chosen by Ramsay.

"I was pretty stoked," Walt said. "(Ramsay) was fantastic. He wanted to know all about my career and we talked about our kids. He was really genuine.

"He really cared about what we were doing and ... loved that we serve everything that's local."

Walt said working in the kitchen will be a great experience for the winner of the show, who will get to learn about Pacific Northwest ingredients and cooking techniques.

"We're not going to change who we are for Hell's Kitchen," Walt said. "We'll still be us."

He added the show will not only be a great way to promote Araxi, but the region as a foodie destination.

"Food and farming and oceans (are) all the things that made us what we are," he said. "To have a magnifying glass on that is good for everybody."

FRAZIER HARRISON/GETTY IMAGES

The winner of the sixth season of Hell's Kitchen, a reality TV competition starring celebrity chef Gordon Ramsay, will earn a job at Whistler's Araxi Restaurant.

First episode

- The first episode of Hell's Kitchen airs on July 21.

'Something for everybody' at jazz festival

KRISTEN THOMPSON
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MUSIC It's fast becoming one of the most celebrated jazz festivals in the world, and it's all ours.

Tomorrow the first wave of roughly 500,000 visitors and musicians is expected to descend on the city for the 24th annual TD Canada Trust Vancouver International Jazz Festival.

John Orysik, a festival spokesman, said it is the province's biggest music event, and journalists from around the world are coming to review it.

"We're everywhere," Orysik said. "We're in all the major theatres, night clubs and restaurants, parks and community centres. We close Gastown for the street festival (and) there are free concerts at Granville Island."

Around 1,800 musicians will be partaking in 400 performances at 40 indoor and outdoor free and ticketed venues until July 5.

Highlights include award-winning saxophonists Sonny Rollins and David Sanborn, as well as Derek Trucks, who was named one of the 100 best guitarists of all time by Rolling Stone magazine.

Orysik said the festival also supports emerging artists.

"There's really something for everybody."

KRISTEN THOMPSON/METRO VANCOUVER

Steve Kaldestad with the Jodi Proznick Quartet plays at O'Doul's Restaurant on Robson Street at last year's Vancouver Jazz Festival.

Smoking dad first to be ticketed under new law

OFFENCE A man driving around with his son in the backseat and a cigarette in his hand received British Columbia's first ticket for smoking in a vehicle with a child.

The man was stopped on Father's Day at about 3:10 in the afternoon at a roadblock in Langley, RCMP Cpl. Holly Marks told Metro Vancouver.

"The driver of the vehicle was with his wife and she was not upset that he was given a ticket," she said. "The driver was also given a 24-hour suspension for alcohol."

It became illegal on April 7 to smoke in a vehicle with a child under 16 inside. According to Marks, officers haven't seen too many people breaking the new law, but police are on the lookout for violators. "If it's witnessed, it will be ticketed." **METRO VANCOUVER**

News in brief

SURVEILLANCE Victoria police will be experimenting with body-mounted surveillance cameras starting July 1 for an eight-week trial. Victoria will be the first police department in North America to use the high-tech cameras. **METRO NEWS SERVICES**

metronews.ca
What's online today.

Video Rodney MacDonald gives some parting words as he steps down as Nova Scotia Tory leader at **metronews.ca/canada**

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Program targets gambling addiction

The province and B.C. Lottery Corporation have launched a program called Game Sense to help keep gamblers from becoming addicted. Thirty-one gaming facilities in B.C. will have private areas where people can discuss problem gambling or be referred to counsellors. **METRO VANCOUVER**

Ignatieff to speak at vigil for Iranians

JEFF HODSON
jeff.hodson@metronews.ca

IranCrisis

Liberal Leader Michael Ignatieff will be the keynote speaker at a "silent scream" candlelight vigil outside the Vancouver Art Gallery tonight.

The vigil is the final of 10 that have been held outside the gallery since June 15. They have attracted thousands of people demonstrating in solidarity with those killed during protests in Iran.

Yesterday afternoon, more than 200 students, many holding candles and wearing black clothing with green armbands, held a vigil at Simon Fraser University for students killed in Iran.

"We're doing this for the eight students," said Siavash Rokni, an SFU communication student. "One minute for each student."

The Students In Black vigil, held at noon in Freedom Square at SFU's Burnaby campus, included a moment of silence for the slain students, including Neda Agha Soltan.

Neda, a philosophy student, was shot and killed during a protest Saturday in Tehran. A video of her death has been broadcast online and on TV.

Setareh, a University of Victoria political science student who did not want to give her last name, said the vigil was aimed at raising awareness about the "human rights violations and the brutal violence and suppression of the people."

"We're trying to change public opinion about what is happening," she said.

UN report puts spotlight on drug production

DANIEL TAM
for Metro Vancouver

ECSTASY Canada was named as the North American leader of ecstasy production in a United Nations report yesterday.

With Vancouver's proximity to the U.S. border, the city is a prime spot used by gangs to smuggle ingredients for ecstasy production.

The report focuses on Asian gangs as the principal controller of ecstasy labs, but Cpl. Richard De Jong of the RCMP Drugs and Organized Crime Awareness Service said that they are not focusing on any particular ethnic group.

"Each one of them will be investigated," said De Jong.

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Olympic opponents threaten legal action

VANCOUVER 2010 Games

SECURITY Anti-Olympic activists are warning the RCMP-led Vancouver 2010 Integrated Security Unit of legal action for what they describe as "abusive treatment and unlawful harassment."

In a June 11 letter to RCMP Assistant Commissioner Bud Mercer, lawyer Jason Gratl alleges that 11 members of the Olympic Resistance Network suffered abusive conduct aimed at discouraging them from anti-Olympic political activity.

He called it an infringement on their rights to free expression, free association and privacy.

In a small protest beside the Olympic Countdown Clock yesterday, ORN member Cara Fisher claimed officers disrupted her neighbours, asking them where she lived, worked and frequented.

RCMP Cpl. Bert Paquet, a spokesman for the VISU, said the allegations came as a surprise, but were being investigated.

He said the unit is gathering intelligence, which includes speaking with activists, to ensure the Games are safe for everyone.

"We respect the right to protest, but … the rest of the Canadian population has the right to enjoy the Olympics in a peaceful and safe manner." **JEFF HODSON/ METRO VANCOUVER**

JEFF HODSON/METRO VANCOUVER

David Eby, acting executive director of B.C. Civil Liberties Association, speaks at a protest at the Olympic Countdown Clock in Vancouver yesterday.

Thousands back keeping shelters open

KRISTEN THOMPSON
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Several thousand Vancouverites have endorsed a petition urging the provincial government to keep open five temporary homeless shelters — two of which are in False Creek.

Laura Track, housing campaign lawyer with Pivot Legal Society, said around 2,000 people signed an online petition that was sent yesterday to Housing Minister Rich Coleman.

Hundreds more signed paper versions, she added.

"We wanted to point out … (that the shelters) have been serving at least 450 people every night," Track said.

In January, the city opened five Homeless Emergency Action Team shelters, which were funded by the government to stay open until June 30.

While some enraged False Creek residents say they are magnets for crime, Track said others point to the role the shelters play in getting marginalized people off the streets.

"The community's concerns are important and need to be addressed … but it's important to remember things won't be better if the shelters close," she said.

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$75K tabbed for Olympic celebration activities
Vancouver City Council has approved $75,000 for local 2010 Olympics celebration activities. They include $4,500 to celebrate a community garden in Kitsilano, $1,500 for an interactive speakers' series targeting new immigrants and $8,500 for the DOXA Film Festival for a series of sport-themed films. **METRO VANCOUVER**

New exhibit brings art outside

GALLERY The Vancouver Art Gallery will open "Offsite," its new outdoor exhibition, on July 20.

It will allow artists to use Vancouver's urban environment as a backdrop for their artwork.

> **"Offsite allows the Vancouver Art Gallery to expand its dynamic contemporary art program"**
> Kathleen Bartels

The space's first feature will be a photographic installation called "Horizon (Sky)" by Chinese artist O Zhang. The outdoor display will present new artists and projects every six months.

"Offsite allows the Vancouver Art Gallery to expand its dynamic contemporary art program beyond the walls of the building," said Kathleen Bartels, director of the Vancouver Art Gallery.

The site is located in front of the Shangri-La Hotel.

METRO VANCOUVER

A local latte expert

DANIEL TAM
for Metro Vancouver

One of North America's top baristas is making lattes right here in Vancouver.

Blenz Coffee employee Philip Wang finished third in the Millrock Latte Art Competition, the premier North American coffee and tea tradeshow.

The contest took place on June 15 in Las Vegas where Wang showcased his pouring skills against competitors from across the continent.

He first finished in the Top 10 and eventually made it into a five-way tie for third, where he was able to beat out the competition and take his place as the third best barista in North America.

Wang started working as a barista more than three years ago at Cito Espresso downtown.

"That's where I first learned latte art," said Wang.

He relocated to Blenz's Vancouver public library location, and eventually settled into his current post at the Yaletown branch and has been there ever since.

DANIEL TAM/FOR METRO VANCOUVER

Barista Philip Wang creates a latte art design.

Drawn by both the skill and the intricacy of the art form, Wang said he is particularly intrigued by "the creativity of the designs."

Another competition will take place in Seattle in September, and Wang is hoping he will be one of the 40 baristas chosen to take part.

Will Evander deliver a knockout in NHL?

KARL YU
for Metro Vancouver

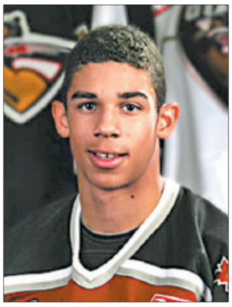
DRAFT Predicting which draft prospects will succeed can be like forecasting the weather — it's an inexact science, according to decision analysis company Octothorpe Software Corp.

Vancouver Giants centre Evander Kane is expected to go high in this weekend's NHL draft and while many will be rooting for him, stardom is not certain according to an Octothorpe study: 60 per cent of picks never lace up in the NHL.

"We've been looking at identifying a few different factors that will be something that indicates the quality of a draft pick," said senior associate Matt Martell.

The main indicator of success is games played and Kane has experience in the WHL and internationally.

And Kane has one skill that many teams seek.


Vancouver Giants centre Evander Kander is expected to go high in the first round of friday's NHL entry draft

"He has an elite shot," said Kane's junior coach Don Hay.

"When he gets into situations to shoot, he shoots the puck well and he's a good goal scorer."

As a projected Top-5 pick, Kane is likely headed to a weaker team as the Atlanta Thrashers and the Los Angeles Kings are slotted forth and fifth overall. Octothorpe gives both a C grade for their drafting.

If you want to check out the draft TSN is covering it live from Montreal, starting at 4 p.m.

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Court to rule on Pickton appeals

MURDERS The B.C. Court of Appeal will rule today on appeals from the lawyers of convicted mass-murderer Robert Pickton and Crown prosecutors.

The appeals were filed in the months following the Port Coquitlam pig farmer's conviction on six counts of second-degree murder of women from the Downtown Eastside.

Pickton's lawyers argued that the trial judge erred in his instructions to the jury.

The Crown's appeal is on Pickton's acquittal of the first-degree murder charges and the ruling that split the original 26 charges into one group of six counts and another group of 20.

On Dec. 9, 2007, Pickton was found guilty of second-degree murder in the deaths of Sereena Abotsway, Mona Wilson, Andrea Joesbury, Brenda Wolfe, Marnie Frey and Georgina Papin.

METRO VANCOUVER

Dziekanski's mother seeks Polish action against Mounties

TASERING Not satisfied with the reach of the Braidwood Inquiry, the mother of Robert Dziekanski has decided to take her fight to Poland.

Zofia Ciskowski has told reporters that she is asking Polish authorities to charge the four RCMP officers involved in the Tasering of her son in October 2007.

Ciskowski is being aided by Warsaw-based lawyer Piotr Banasik, who has been observing the Braidwood proceedings and taking notes.

Even if the accused officers are charged, there could still be a lot of red tape as Canada and Poland do not have an extradition treaty and it is unlikely that the Canadian government would co-operate.

KARL YU/FOR METRO VANCOUVER

News in brief

BREAK-IN Three men were tied up and a fourth was beat up during a home invasion in Delta. A woman who was also at the house was not harmed when three men broke in and started rummaging through the residence.

FLU A Burnaby elementary school has reopened after it was shut down when doctors confirmed five cases of influenza A (H1N1), also known as swine flu.

METRO VANCOUVER

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RCMP seize 2,600 plants in pot bust

GROW-OP Mounties seized 2,600 plants from a marijuana grow operation in Barriere yesterday from a rural property that was capable of producing more than 20,000 plants, or half a million joints, per year.

Authorities from Barriere, Clearwater and Kamloops raided the "horse barn-style" facility, which was designed specifically for grow operations.

"I would say that it was definitely a well-run commercial operation where the plants were producing a high yield," said RCMP Cpl. Chris Newel.

The property housed two levels, seven industrial-sized air conditioning units and 130 1,000-watt bulbs.

The 2,600 plants were confiscated from the upper floor. The plants on the lower level were harvested recently and the section was being prepared for the next batch.

One man was arrested and taken into custody. He will appear at a Kamloops court in October.

METRO VANCOUVER

Man arrested after injured girlfriend allegedly confined

CRIME A Ladysmith man who allegedly backed his vehicle into his live-in girlfriend, breaking her elbow and wrist, has been arrested after he allegedly prevented the woman from going to a hospital.

RCMP said the man had also made threats to harm her young children. The Nanaimo Police Dog Service participated in the arrest.

At the time of the incident the man was already serving a conditional sentence, which means he'll be held in jail. According to police, he has a history of similar incidents with victims in the Calgary and Vancouver areas. **METRO VANCOUVER**

News in brief

ARRESTS The arrests of two well-known gang members wearing bulletproof vests is evidence the provincial government is correct in planning to regulate the sale of body armour, transit police Sgt. Tom Seaman said yesterday. The arrests came after police received a tip that several men were putting on body armour near Gateway SkyTrain Station in Surrey.

METRO VANCOUVER

Woman who gave birth in Wal-Mart found not guilty

A woman who gave birth in a Wal-Mart washroom in Prince Albert, Sask., and left the baby behind has been found not guilty of child abandonment, CBC News Online reports. **METRO NEWS SERVICES**

Canada

Soprano undergoes heart surgery

International opera star Measha Brueggergosman underwent emergency surgery in Toronto last week, her family told CBC News Online. The Fredericton-born soprano suffered a life-threatening tear in her aorta. Brueggergosman was taken to a hospital emergency room from her home last Tuesday when she wasn't feeling well. She recently achieved a dramatic weight loss of about 150 pounds, which she said was a result of Bikram yoga. METRO NEWS SERVICES

War of words rages over club members

COURTS What began in Parliament eight years ago as an attempt to combat organized crime has given way to a war over words in an Ontario courtroom, where two members of the Hell's Angels are challenging Canada's anti-gang law.

Chaps on "motor bikes" was the term one defence lawyer used in describing Steven "Tiger" Lindsay and Raymond Bonner before their case wrapped up yesterday in the Ontario Court of Appeal. At their extortion trial four years ago, a Superior Court judge declared the Hell's Angels a criminal organization.

Justice Michelle Fuerst convicted Lindsay and Bonner of extortion under anti-gang legislation introduced in 2001. It allows courts to impose up to 14 additional years in prison on anyone who commits a serious crime "for the benefit of, at the direction of or in association with a criminal organization." Philip Campbell, a lawyer representing Lindsay, argued the legislation was so broadly worded it could apply to Canadians convicted of minor crimes.

TORSTAR NEWS SERVICE

Death Remembering Romeo

REUTERS FILE PHOTO

Former governor general Romeo LeBlanc poses beside his official portrait during an unveiling ceremony at Rideau Hall in Ottawa in this 2003 file photo. Leblanc, who served as the 25th representative of the Queen in Canada from 1995-1999, died yesterday at the age of 81.

Native pandemic

First Nations declare state of emergency in flu's wake

Flu-stricken Manitoba First Nations communities have declared a state of emergency in the wake of the federal government's response to the swine flu pandemic.

Chief David Harper said he hopes the move will make Ottawa understand the gravity of the situation, given how many aboriginal people in the province are positive for influenza A (H1N1), also known as swine flu.

"We have declared a state of emergency based on the fact ... that preparations for combatting the H1N1 virus are very slow and we are still getting results of positive cases," said the chief for the Garden Hill First Nations, about 550 kilometres northeast of Winnipeg, near the Ontario border.

Harper said even the most basic precaution against spreading germs, such as regularly washing hands, is impossible in some reserves where the majority of residents don't have running water.

"We are calling on the federal health minister (Leona Aglukkaq) and every minister responsible for this crisis to come forward and state who is taking the lead role here and explain what is happening," he said.

It was revealed this week Health Canada had delayed sending alcohol-based liquid hand sanitizers to some First Nations communities for fear some residents might drink it.

Harper said the fact that these communities couldn't even get hand sanitizers — with or without alcohol — is making native leaders question whether the federal government even has a pandemic plan for First Nations reserves.

TORSTAR NEWS SERVICES

Population

- While aboriginals make up a little more than 10 per cent of Manitoba's population, they account for roughly two-thirds of the people who have required intensive care for swine flu, according to provincial health officials.

More positive signs: Flaherty

ECONOMY Finance Minister Jim Flaherty said yesterday he was seeing more positive signs than negative ones in the country's economy. "Certainly there are positive indications of stabilization in the economy. What we want to look for now are signs of the beginning of economic growth. We're starting to see some positive indications of consumer confidence, some increased activity in residential real estate," Flaherty said in a conference call from Washington.

Flaherty said the OECD's forecast yesterday of 0.7 per cent growth next year was below most other predictions and was pessimistic.

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Abdelrazik flight planned

ARRIVAL Abousfian Abdelrazik plans to fly home to his family this weekend after being stranded at the Canadian Embassy in Sudan for more than a year.

"He is happy. He feels very close," his Ottawa-based lawyer, Yavar Hameed, said before setting off for Khartoum yesterday to accompany his client on a flight that will arrive in Toronto on Saturday afternoon.

But Hameed said Abdelrazik is still nervous that something could go wrong after hitting so many earlier bumps in the road on the way to the end of a six-year ordeal that included imprisonment in Sudan and, allegedly, torture.

Hameed said he too was worried yesterday morning when Abdelrazik told him he had been questioned by an American official.

TORSTAR NEWS SERVICE

The trip

- Two RCMP officers and an official from the Department of Foreign Affairs will escort Abdelrazik on the flight, but Hameed said the federal government had asked him to keep all other details of his flight secret.

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News in brief

ENVIRONMENT ForestEthics, an environmental group, yesterday asked U.S. Secretary of State Hillary Clinton to deny permits for pipelines that would bring oil from Canada's tar sands to the United States.

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Comment

Pride starts adding up

Relating

Steve Collins

metronews.ca/collins

On the web

- For more views on relating, go to Love Bytes at metronews.ca/blogs

With pride weeks underway, en route to Canada Day, it's possible to conflate Pride and patriotism.

To the south, the Obama administration has extended benefits to same-sex couples working for the federal government — except, presumably, in the military, where the old "don't ask don't tell" policy is still in place.

Members of the Canadian Forces participated in Toronto's Pride Parade for the first time last year.

Of course, this year, you can bet Prime Minister Stephen Harper will uphold the long-established prime ministerial tradition of skipping the parade.

Paul Martin once begged off citing a "scheduling conflict."

No other PM has even bothered to make an excuse.

There is still much to celebrate here, where same-sex marriage was legalized four years ago now, putting the activist group Canadians for Equal Marriage out of business.

A lot of things have changed. Me, for example.

I went to high school in a small town in the 1980s. There were no openly gay kids. We'd never heard the word homophobia, and we knew a lot of gay jokes, but no gay people.

Except Mr. G, the math teacher, who you might expect to be in for a world of mockery from his spotty and unevolved charges, at least behind his back. But he wasn't. Whip-smart, funny and patient, he was a student favourite.

Small place that it was, my dad had taught Mr. G math, and remembered him as a struggling student. Maybe knowing what it felt like not to have the answer was what made him such an exceptional teacher, which he undoubtedly was.

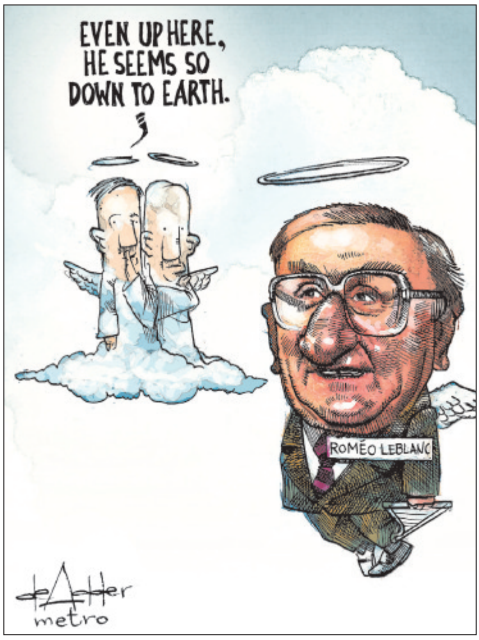
He also bonded with some students over a mutual love of heavy metal, which we, for some reason, thought was very straight music indeed. (The possibility incredibly never crossed our minds that Rob Halford, the singer of Judas Priest, who performed in Pride-issue biker leathers, was gay.)

The headbangers would vacate the smoking area and pile into a classroom after school for sessions of what was known as the "Cultural Society," Mr. G's regular screenings of metal videos on the school's AV equipment.

When I talk to some of the guys from school today, it's noticeable how much their attitudes have mellowed towards same-sex marriage, and gays and lesbians in general. Some of this can be attributed to changing times, and some to the shocking onset of adulthood, but I think it all started with Mr. G, teacher — rocker, and all 'round great gay dude.

So, happy Pride Week, Mr. G, though I still stink at math.

Steve Collins offers his best guesses on relationships for Metro every two weeks.


EVEN UP HERE, HE SEEMS SO DOWN TO EARTH.
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Views

Right to full-body veil not a matter of religion

Mona Eltahawy

Guest Columnist

The full-body veil, called the burqa or niqab, terrifies me.

I'm a Muslim woman who defends a woman's choice to wear a headscarf — I wore one for nine years — but I will never defend the niqab. It embodies the erasure of a woman's identity.

And so I agreed with French President Nicolas Sarkozy when he said the burqa wasn't welcome in France because it "is not a religious sign, it's a sign of subservience."

I would add the niqab doesn't belong anywhere, neither in countries where Muslims are a minority nor in a Muslim-majority country like Egypt, my country of birth.

An argument I had on the Cairo subway — while I still wore a headscarf — with a woman who wore niqab helped seal for good my rejection of the niqab.

She asked me why I did not wear the niqab. I pointed to my headscarf. "Isn't this enough?"

"If you wanted a piece of candy, would you choose an unwrapped piece or one that came in a wrapper?" she asked.

"I'm not candy," I answered. "I'm a woman."

I retell that argument often because it shows the niqab isn't about the "West" versus "Islam."

Many will accuse Sarkozy of hating Muslims, but that would be to concede that the burqa is religiously mandated, as extremists believe. Many Muslim scholars have clearly described the niqab

as an old Bedouin tradition that was not required by the Quran, the Muslim holy book.

To connect the niqab with Muslim women is inaccurate because only a small minority wears it.

Hearing Muslims argue over the burqa is the best way to disarm the Islamophobic right wing in Europe and in North America and their crocodile tears for Muslim women. We don't care for their "support" and yet — to fight Islamophobia — we must not silently watch extremists erase Muslim women out of existence.

That's where "it's about the economy, stupid!"

France is home to Western Europe's largest population of Muslims, estimated at about five million. Many complain of discrimination and blame the French government for inaction. It was good to hear Sarkozy also say that France's integration model wasn't working any more because it doesn't give immigrants and their French-born children a fair chance. That's the best way to fight extremists and the niqab they promote. The majority of Muslims in France are more concerned with poverty and unemployment than with the niqab.

Mona Eltahawy is an award-winning syndicated columnist and an international public speaker on Arab and Muslim issues. She is based in New York.

Worth Mentioning

Facebook, Twitter, blogs don't rank with top CEOs

BUSINESS The heads of the top U.S. companies might be engaged in the boardroom, but they're switched off when it comes to social media, according to a new study that said CEOs should be more connected to their customers.

Research conducted by the blog UberCEO.com looked at Fortune's 2009 list of the top 100 CEOs to determine how many were using Facebook, Twitter, LinkedIn, Wikipedia, or had a blog — and found they were mostly absent from the rapidly growing social media community.

The study found only two CEOs had Twitter accounts and 81 per cent of CEOs did not have a personal Facebook page.

Only 13 CEOs had profiles on the professional networking site LinkedIn. Three quarters of the CEOs did have some kind of Wikipedia entry, but nearly a third of those had limited or outdated information such as incorrect titles, or lacked sources.

> **"It's shocking that the top CEOs can appear to be so disconnected from ... their own customers."**
> Sharon Barclay

Not one Fortune 100 CEO had a blog.

"It's shocking that the top CEOs can appear to be so disconnected from the way their own customers are communicating. They're giving the impression that they're disconnected, disengaged and disinterested," said Sharon Barclay, editor at UberCEO.com who runs executive PR firm Blue Trumpet Group. **REUTERS**

Metro Online Poll Results

10% SAID YES

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90% SAID NO

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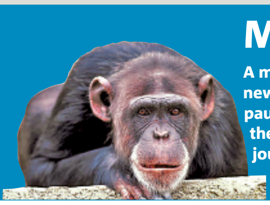
Radiation not needed in common childhood cancer: Researchers
Children can be treated for a common form of childhood leukemia without bombarding the brain with radiation, reducing the risk that they will suffer additional tumours and thinking problems, U.S. researchers said yesterday. **REUTERS**

World



Monkey urinates on Zambian president

A monkey urinated on Zambian President Rupiah Banda as he spoke to journalists at a news conference yesterday. Banda softly shouted: "You have urinated on my jacket," and paused as he looked up to see the animal playing in a tree just above his chair. "Perhaps these are blessings," he said, continuing his address amid laughter from the audience of journalists and diplomats. **REUTERS**

Governor admits affair

Sanford's confession comes after disappearance last week

South Carolina Governor Mark Sanford tearfully admitted yesterday he had been unfaithful to his wife, likely ending any chance he might be a Republican contender for the U.S. presidency in 2012.

Sanford resigned as chairman of the Republican Governors' Association and was replaced by Mississippi Governor Haley Barbour, another possible 2012 candidate.

Sanford's confession at a tumultuous news conference ended days of speculation over his whereabouts. After he disappeared last week, his staff first said he was hiking on the Appalachian Trail. It later emerged he had travelled to Argentina to be with his lover, leaving his family over Father's Day weekend.

Asked if he was alone during the Argentina trip, he replied: "Obviously not." Shedding tears, Sanford apologized to his wife, Jenny, his family, friends and staff when he made the shock announcement after returning yesterday from Buenos Aires.

> **"I hurt my wife. I hurt my boys ... I hurt a lot of different folks."**
> South Carolina Governor Mark Sanford

Admitting his affair, Sanford said he had "developed a relationship" with a "dear friend" from Argentina. "It began very innocently, as I suspect many of these things do, in just a casual email back and forth," he said. "But here recently over this last year it developed into something much more than that. And as a consequence, I hurt her. I hurt you all. I hurt my wife. I hurt my boys. I hurt friends ... I hurt a lot of different folks." **REUTERS**

China Countdown ceremony

CHINA DAILY/REUTERS

Police take part in a ceremony marking the 100-day countdown to the Oct. 1 anniversary of the founding of the Peoples Republic of China in Beijing yesterday.

News in brief

NORTH KOREA U.S. President Barack Obama yesterday renewed sanctions against North Korea, declaring that its nuclear program posed a U.S. national security risk and a danger to South Korea.

ECONOMY The world's richest people lost a fifth of their wealth in 2008 as the financial crisis wiped out two years of growth, a study showed yesterday. The total value of the world's wealthy — categorized as people with net assets of more than $1 million US excluding their main home and everyday possessions — dropped below 2005 levels to $32.8 trillion. **REUTERS**

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Star-faced teen lied about tatoo

The Belgian teenager who made headlines after claiming a tattoo artist had drawn 56 stars on her face, rather than the three she asked for, has admitted she lied. Kimberley Vlaeminck was caught off camera on Dutch TV saying she quite liked the tattoo, but lied about asking for all 56 stars when she saw her father's furious reaction. **REUTERS**

Google access in China disrupted

WEB Internet users in China were unable to open the main site of Google, the world's biggest search engine, late yesterday. The disruption came less than a week after China's Internet watchdog ordered Google to stop Web sites with "pornographic and vulgar" content from being accessed through Google. **REUTERS**

Scotland sets ambitious goal

ENVIRONMENT Scottish lawmakers yesterday backed a binding goal to cut greenhouse gases by 42 per cent by 2020 from 1990 levels, edging Germany into second place in a ranking of the most ambitious developed world targets.

Developing countries have demanded that rich nations take the lead in fighting climate change. They have so far been unimpressed with plans which show big gaps must be bridged to agree a global treaty in December to replace the Kyoto Protocol.

Scotland's bill included an option to curb its ambition if no strong global climate deal is reached in six months' time.

Environmental campaigners nevertheless hailed the decision by Scotland.

"At least one nation is prepared to aim for climate legislation that follows the science," said Kim Carstensen, head of the Global Climate Initiative of the WWF International environmental group. **REUTERS**

Ontario's adoption records are now open.

visit www.ontario.ca/adoptioninfo

Effective June 1, 2009, Ontario's adoption records are open. This means that adopted adults and birth parents can apply for post-adoption birth information from birth records and adoption orders.

An adopted adult, 18 years of age or older, can now apply for a copy of his or her original birth registration and adoption order. A birth parent can receive information from the birth registration and adoption order of the child that was placed for adoption once that child turns 19 years old.

If you want your identifying information kept private, and if the adoption order was made before September 1, 2008, adopted adults and birth parents can file a disclosure veto.

To learn more about your right to information and privacy regarding adoption, **visit www.ontario.ca/adoptioninfo or call 1-800-461-2156 (TTY 416-325-3408).**

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METRO WORLD NEWS

Jim, right, and Cheng, from New York City, are hoping New York state legalizes gay marriage so they can get married in front of their friends and family.

Faces of the U.S. fight

GRAHAM WOOD
Metro World News

Same Sex Marriage

Sometimes people think gay couples want to get married just to say they did it and scoff in the faces of those who oppose their right to do so. But there's a unique story behind every gay couple. Metro introduces you to three different couples with very different experiences:

NEW YORK Jim and Cheng — they did not want to use their last names — fell in love the first night they met to watch one of pop culture's most iconic love stories.

"Sex and the City, of course," Jim said. It's been a year since that night, and the couple wants to be married in front of friends and family. That may happen since New York will soon decide whether to legalize gay marriage. But if it does, there's one thing it won't grant.

Cheng is from Taiwan and in the U.S. on a visa, and the Defense of Marriage Act prohibits federal recognition of gay marriages.

BERKELEY, CALIF. Simma Lieberman and Sandra Michele Brown never understood the hoopla over gay marriage. They would go to partnership ceremonies for other gay couples, and it just didn't make sense to them.

"We thought it was just gay people trying to be accepted by the outside world," said Lieberman. But when Brown died of a heart attack at the age of 53, Lieberman didn't have any legal right over her body or her belongings, nor to say good-bye before she was cremated. "I had to get permission from her brother to do all that," Lieberman said. "The crematorium had to get his verbal permission."

SAN FRANCISCO Frank McGinness' wedding ceremony wasn't quite what he had imagined. It was mid-2008, and San Francisco had just started issuing marriage licences to same-sex couples. Opposition to the move was building, and Proposition 8 — denying gays the right to marry in California — was going to be placed on the ballot in November.

"We thought we could wait for families and friends to be available to attend our marriage," McGinness said. "But we had (to rush) … in case Prop 8 passed." It turned out none of their family members were able to make it to their impromptu ceremony at San Francisco's City Hall.

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Flyers to take on Bruins at Fenway
The NHL's third Winter Classic will be played between the Philadelphia Flyers and Boston Bruins at Fenway Park on January 1, 2010. Last season's Winter Classic featured the Detroit Red Wings and Chicago Blackhawks at Chicago's Wrigley Field. **METRO NEWS SERVICES**

Sports

Another year for Chelios?

Although the Detroit Red Wings won't re-sign him, 47-year-old Chris Chelios, left, says he still wants to play in the NHL next year. Saying that his family won't move from the Detroit area, where he owns a bar, the defenceman said yesterday he'd like to play for an Eastern Conference team. Chelios made his NHL debut in 1984 with the Montreal Canadiens. **METRO NEWS SERVICES**

EDITOR: CHRIS.CLEMENTS@METRONEWS.CA

Sharapova out

Former Wimbledon champion loses in second round

Maria Sharapova shows some emotion during her 6-2, 3-6, 6-4 second-round loss yesterday at Wimbledon.

Maria Sharapova was heading for the airport after losing at Wimbledon yesterday while another former champion Roger Federer sauntered through to the third round in glorious sunshine after a clinical display.

Sharapova struggled on the Centre Court where she made her name in 2004 by beating Serena Williams to win the women's singles title as a 17-year-old. The Russian looked a pale shadow of the player who once looked set to dominate the game.

Bedevilled by shoulder problems since losing in the second round here last year, the 24th seed ran into inspired Argentine Gisela Dulko, falling 6-2, 3-6, 6-4 to a player she had dropped just three games against in their two previous clashes.

Sharapova lost the opening set in 35 minutes and despite some typically tenacious resistance to win the second from 0-3 the booming weapons that used to blast the Russian to safety in such situations failed to function at crunch time.

> **"It's a little too late to start picking yourself up when you're down a set and 3-0."**
> Maria Sharapova

Dulko eventually prevailed on her fifth match point when Sharapova, who was bumped up the seedings from a world ranking of 60, fired a forehand long to end an absorbing scrap.

"It took me a while to get going," former world No. 1 Sharapova told reporters. "It's a little too late to start picking yourself up when you're down a set and 3-0."

Referring to Federer as a former holder of the Wimbledon title he won five years in a row still takes some getting used to, but his form in a 6-2, 6-2, 6-4 win over Spain's Guillermo Garcia-Lopez suggests he will soon reclaim his throne.

The Swiss was at his relaxed, free-flowing best as he reduced Garcia-Lopez to a bit-part role during most of an embarrassingly one-sided contest that was over all too quickly for the 15,000 spectators on a sweltering afternoon.

REUTERS

Blue Jays win big over Reds

MLB RESULTS

Cincinnati 2 **Toronto** 8

REDS AT

MARK BLINCH/REUTERS

Toronto pitcher Scott Richmond threw seven innings of two-hit ball last night as the Jays downed the Cincinnati Reds 8-2.

BASEBALL Aaron Hill went 2-for-4 with a two-run homer and drove in three runs to lead the Toronto Blue Jays in an 8-2 rout of the Cincinnati Reds in the middle test of a three-game set from the Rogers Centre.

Vernon Wells and Adam Lind both went 2-for-4 with a homer and drove in a pair of runs for the Blue Jays, who have won three straight and six of eight overall. Scott Rolen drove in a run in the win while Marco Scutaro had a double and scored three times.

North Vancouver's Scott Richmond (6-4) got the win after going seven innings and giving up two runs on as many hits.

Jonny Gomes had two of the four hits — including a solo homer — for the Reds, who have dropped four in a row. Jerry Hairston Jr. drove in the other run in the setback.

Bronson Arroyo (8-6) was roughed up for seven runs — six earned — on eight hits in 3⅔ innings.

Toronto got on the board in the first inning. Scutaro led off with a walk and crossed home as Hill followed with a homer. Wells kept it going with a solo blast and Rolen added a base hit. Lind then made it 5-0 with a shot over the fence in left field.

Gomes had a homer in the second to cut it to 5-1, but Wells' RBI double in the home half made it a five-run affair again.

Hairston had an RBI single to left-centre in the third to close it to 6-2. However, Rolen grounded into a fielder's choice to plate Scutaro in the fourth to again make it a five-run differential.

Hill's single off Carlos Fisher in the eighth scored Russ Adams to make it 8-2.

METRO NEWS SERVICES

U.S. shocks Spain at Confederations Cup

SOCCER The United States scored its greatest win in almost 60 years by beating European champions Spain 2-0 yesterday to reach the final of the Confederations Cup.

Goals from Jozy Altidore and Clint Dempsey ended Spain's world record run of 15 successive victories and their 35-match unbeaten sequence, a world record streak they share with Brazil, and caused one of the biggest soccer upsets in years.

However, the match ended in bittersweet agony for U.S. coach Bob Bradley when his son Michael, who had a brilliant game in midfield, was sent off three minutes from time.

He was the third U.S. player sent off in the tournament and now misses Sunday's final against Brazil or hosts South Africa.

Overall though it was the best performance by the U.S. since they beat England 1-0 in the 1950 World Cup in Brazil.

It was also the first time the U.S. had beaten a team ranked No. 1 in FIFA's world rankings since they defeated Brazil in 1998.

REUTERS

Sports in brief

SHAQ The Cleveland Cavaliers have bolstered their frontcourt by dealing centre Ben Wallace, guard Sasha Pavlovic and the 46th overall pick in todays NBA Draft to the Phoenix Suns for centre Shaquille O'Neal, according to several media sources. The deal, which is expected to be announced this morning, would pair O'Neal with this year's league MVP, LeBron James, and could help the Cavaliers in their quest to break a championship hex in Cleveland.

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New iPhone costs $179 to produce: Analysis
Apple Inc.'s new entry-level iPhone model carries a bill of materials of $172.46 and costs $6.50 to make, according to an analysis yesterday. **REUTERS**

Business

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Time Warner, Comcast testing TV on the web

Time Warner Inc. and Comcast Corp. have banded together to test ways to allow people to watch more TV shows over the web, while making sure they keep paying for their traditional cable or satellite TV services.

The partnership by two major media companies underscores the pressure the TV industry is under to protect its revenue, but also satisfy consumers who want to watch their favourite drama or comedy at a time and place of their choosing.

Trials next month

- In testing whether the system will work, both technically and strategically, Time Warner and Comcast will begin a U.S. trial of the service in July.

Time Warner and Comcast are banking on an approach that would essentially let viewers see any show at any time over any sort of device they wanted — whether that is a TV set, computer or cellphone.

One catch: They must first prove they are a cable or satellite customer, meaning they already pay a monthly subscription fee for TV.

In announcing the partnership yesterday, Time Warner chief executive Jeff Bewkes stressed that he viewed the plan as a "free gift" for consumers that simply "expands" their entertainment choices.

"If this approach gets adopted ... it will clearly be the biggest story in video-on-demand and Internet video," Bewkes said.

REUTERS

Poor nations plead for aid at UN

WASHINGTON Representatives of developing countries had a clear message yesterday for a UN meeting on the global financial crisis — we need money.

The three-day conference has been fraught with difficulties for weeks. It was originally scheduled for June 1-3, but UN General Assembly President Miguel D'Escoto postponed it to this week when it became clear negotiators had no agreement on draft proposals for reforming the global financial system.

Although the meeting has been billed as a summit, no Western leaders are attending. Only a dozen presidents and prime ministers, mostly Latin American and Caribbean, showed up. Others taking part have sent lower-level delegates.

On the first day, speakers from developing countries made clear that they saw their nations as victims of a financial crisis and pleaded with the world's wealthy nations to help them. "We don't have the surpluses and we don't have the foreign exchange reserves that fiscal expansion in our import-dependent economies would require," Dean Barrow, prime minister and finance minister of Belize, told participants. **REUTERS**

BRENDAN MCDERMID / REUTERS

Ngozi Okonjo-Iweala, managing director of the World Bank, speaks at the United Nations conference on the World Financial and Economical Crisis in New York yesterday.

Mobile money could help poor

- Being able to use a cellphone for money transfers, bill payments and even savings would allow some of the world's poorest people to join the financial system, telecom providers and bankers have said. While microfinance is estimated to have reached about 100 million people, telecoms industry group the GSM Association reckons that almost four times that number, who currently have no bank account, could benefit from mobile financial services.

Business in brief

WASHINGTON The U.S. Federal Reserve yesterday held monetary policy steady and said the U.S. economic recession was easing, as it signalled its worries over a possible downward spiral in prices were easing. The central bank also said it had decided to hold overnight interest rates in a zero to 0.25 per cent range and repeated that they would likely stay unusually low for some time.

JOBS Apple Inc. CEO Steve Jobs is recovering well from a liver transplant in Memphis, Tenn. and has an "excellent prognosis," according to the Memphis hospital where he had the surgery. Jobs, who gave the hospital permission to make the disclosure, was the sickest patient on the waiting list at the time a liver was available, Methodist University Hospital Transplant Institute said in a statement yesterday. Jobs, 54, a cancer survivor, went on medical leave in January, and had the surgery two months ago, according to the Wall Street Journal.

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Bright Future For WestJet

Despite the setbacks airlines around the world are currently facing, including a weakened demand for air travel as a result of the economic downturn, the skies are looking bright for WestJet.

Not only is the Calgary-based company the world's fourth most profitable airline on a percentage basis, but it continues to deliver on its strategic plan by expanding its network, growing its fleet of planes from 79 to 121 by 2013, and launching a frequent flyer program and code-sharing deals with Air France and KLM as well as others in the future.

These partnerships would allow the airlines to transfer their passengers onto one another's networks, allowing guests to book through travel and check their baggage directly through to their destination. They will also give WestJet guests access to a world of destinations.

While striving to continue offering its guests a friendly, efficient and relaxing experience, the company is also looking to become one of the top five most successful airlines in the world by 2016. And Sean Durfy, WestJet's CEO, says his airline is in a better position than most to get through the recession and achieve that goal.

"We keep expanding when everyone else is contracting, and we keep delivering an amazing guest experience," explains Durfy. "For us, our company culture is the key driver to our success."

WestJet's culture drives all of its decisions. The airline's recently introduced Care-antee reinforces that its people truly go above and beyond when it comes to taking care of its guests. From not overbooking flights to providing guests with meals and accommodations if flights are delayed or cancelled (even if it's Mother Nature's fault), the airline truly puts people first.

The low-cost airline also takes social responsibility as seriously as it does business. WestJet's culture of caring extends beyond its people and guests to the community at large through its WestJet Cares for Kids program. From organizing toy drives for children's hospitals in the communities it serves, to providing thousands of free flights to people who desperately need medical care, to partnering with 10 national children's charities like Kids Help Phone and Ronald McDonald House charities, WestJet is a firm believer in giving back. In fact, the company supports more than 800 community initiatives throughout Canada.

In the face of the weakened global economy, it's clear that WestJet is en route to continued success.

> "We keep expanding when everyone else is contracting, and we keep delivering an amazing guest experience"

COMPANY PROFILE: WEST JET

Sean Durfy became WestJet President in September 2006 and Chief Executive Officer in September 2007. As President and CEO, Sean is responsible for both the strategic direction of the company and the day-to-day operations of the airline, leading over 7,500 WestJetters as they deliver an exceptional guest experience.

Amid the global recession, weakening demand and bankruptcy notices by airlines around the world, the fact that WestJet has become the most profitable airline in North America on a percentage basis is a true testament to the success of its mandate: putting people first.

Since its inception in 1996 as a low-cost airline servicing Western Canada, WestJet has grown from a fleet of three planes to 79 — all Boeing 737 Next Generation — flying to 55 destinations across Canada, the U.S., Mexico and five Caribbean nations. Some of their most recent destination additions include San Francisco, San Diego, Sydney, Nova Scotia and Yellowknife, NWT, with more destinations planned in the near future.

Today, the Calgary-based company is run by an executive team of seven headed up by President and CEO Sean Durfy, 43. "We have a very simple motto," says Durfy, a native Newfoundlander. "If we, as a corporation, take care of our people, then our people will take care of our guests, and our guests will take care of our business."

One of the ways WestJet takes care of its people is through profit sharing. Just as that familiar refrain on their playful TV commercials says, "Why do WestJetters care so much? Because we're also WestJet owners," 83 per cent of their 7,500 staff own shares in the public company through an employee share purchase program.

WestJetters as they refer to themselves can designate up to 20 per cent of their salary to buy shares, which the company matches. Considering it's the fourth most profitable airline in the world on a percentage basis, with revenue of more than $2.5-billion in 2008, there's certainly incentive to invest.

But it's the unique culture that truly sets WestJet apart. Through its fun, friendly and caring WestJetters, they demonstrate that an airline can have exceptional operational performance, a world class guest experience and great value.

WestJet has always been on top of new trends and technologies. In fact, it was the first airline in North America to implement the electronic boarding pass and is the only airline in Canada to offer live seatback TV.

In keeping with the global concern over the environment, WestJet has made a concerted effort to lower emissions from its fleet of planes by investing billions to upgrade its fleet to be more fuel efficient. Today, WestJet proudly boasts one of the youngest, most modern and fuel-efficient fleets in North America.

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WESTJET

*Book by June 25, 2009 (11:59 pm MT) for travel on Mondays, Tuesdays and Wednesdays until October 7, 2009.Taxes, fees and surcharges are extra where applicable. Advertised prices already reflect the discount. Discount is applied to WestJet lowest regular fare. Seats at these fares are limited and may not be available on all flights. New bookings only. 100% non-refundable. Offer combinable with other fares. Advance purchase required. Flights may not operate on certain days. All fares shown are one way. See westjet.com for details. †Book by June 25, 2009 (11:59 p.m. MT) for hotel stays until October 7, 2009. 25% discount applies to the Best Flexible Rate. Taxes, fees and surcharges are extra where applicable. WestJet boarding pass must be presented at check-in to receive discounted rate. Offer only available at participating Canadian hotels. Blackout dates may apply. Rooms subject to availability. Reservations must be made at least 3 days in advance of stay. Offer is not retroactive to reservations booked prior to June 23, 2009. Can only be booked through link found at westjet.com. Full pre-payment at booking. No Priority Club points. No refund if cancelled or changed. Cannot be combined with any other offer. See westjet.com for WestJet promotion details. ®Registered trademarks of InterContinental Hotels Group.

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Your Money

EDITOR: NINA.DRAGICEVIC@METRONEWS.CA

Any builder can claim to build energy-efficient homes. Get details and check for government licensing.

Ask your home builder these 10 questions

QUESTIONS Home buyers may assume their new home is energy-efficient, but may not know for sure unless they ask. Ask these questions to be sure:

- Any builder can claim to build energy-efficient homes. How do I know your homes are truly energy efficient?
- Since all builders must meet the requirements of the building code, what makes your homes different from other builders' homes?
- How do your building techniques reflect the latest developments in housing technology?
- What steps do you take to improve the energy efficiency of the homes you build?
- Can you predict what my energy costs will be?
- What makes your homes more environmentally friendly than others?
- Are you licensed by the government to build energy-efficient homes?
- Do you affix a government-backed energy label to the home?
- Do independent, licensed professionals inspect the quality of your homes?
- Do you build homes that receive an EnerGuide rating of 80 or higher or its equivalent?

The answers to these questions are contained in a brochure produced by Natural Resources Canada, the federal government department that administers the rating system for energy-efficient homes in Canada through its EnerGuide Rating System. To order a copy of the brochure or for more information call 1-800-387-2000 (toll-free) or visit newhomes.nrcan.gc.ca. **NEWS CANADA**

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Small business survival skills

Hope for the best but plan for the worst

Global economics are cyclical. We are coming off an unprecedented decade of economic growth.

As the cycle begins to enter a decline, business owners are presented with unique challenges and opportunities. While it's important to hope for the best, it's essential to plan for the worst.

The following is a list of tips to help your small business survive through turbulent times:

1. Map out a business plan and stick to it.

Detail both short and long-term goals, taking into account as many factors as possible. Ensure your plan addresses operational functions such as the development of a solid information and reporting system to help you manage your cash flow, growth targets, or even an action plan to get more customers and increase sales.

2. Create an Advisory Council.

Build a close relationship with a commercial banker, lawyer, accountant and others who can help you understand industry risks, provide advice and even networking opportunities.

Stay informed

3. Manage Your Finances.

It's always a good idea to build up a cash reserve in a savings account to handle unforeseen emergencies. In cases where you need to borrow, seek out financing products designed with flexible features to meet your objectives such as a small business line of credit or small business homeowners' line of credit. These products can provide a variable-rate credit facility with a very competitive interest rate giving small business owners the flexibility and convenience to access available credit limits and borrow only what you need, when you need it.

Build a close relationship with a commercial banker, lawyer, accountant and others who can help you understand industry risks and provide advice.

4. Avoid the Pitfalls.

Entrepreneurs are optimistic by nature — which is a good thing. Regardless, contingency planning should be of paramount importance particularly in times of economic volatility. If you don't already have a contingency plan (a.k.a, a backup plan or "plan B"), you should create one so that you are prepared for a rainy day and can take calculated, planned actions to recover quickly. The last think you want to do is make last minute decisions in times of stress.

5. Stay informed.

Subscribe to your local and national newspapers, trade publications and online resource guides to stay on top of current affairs. Time-pressed business owners can download the free BMO Business Coach podcast series featuring Profit Magazine editor Ian Portsmouth at bmo.com/podcast.

"BMO is open for business and if you're looking for small business financing or advice, talk to us first," said Gail Cocker, head of small business banking at BMO Bank of Montreal. "BMO ranks second in Canadian business lending market share, and we are aiming to become the number one commercial bank in the country. We have more than 185,000 small and mid-market business clients across Canada representing $57 billion in business loans and deposits. Our expert team is well positioned to help business owners get through the current economic uncertainty." **NEWS CANADA**

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How to be a virtuous shopper

CHILD LABOUR In the midst of this shopping frenzy some consumers are stopping to ask why some items from chocolate to clothing to handbags are so inexpensive. Could it be that child labour has been involved? Would any Canadian consumer knowingly support such an inhumane practice?

Here are some simple steps consumers can take to use money with compassion and wisdom to affect change in the world:

- Choose to buy products that are Fair Trade Certified, like chocolate, coffee, and sports balls. All Fair Trade Certified products are produced without child labour. Look for the fair trade symbol.
- Send a letter to a store where you regularly shop, asking if their products are made without exploitation of labourers, and how they know. When customers care about ethical considerations, stores start to care about producers.
- Get involved with organizations that help stop child labour like Christian Children's Fund of Canada that ensures children go to school in developing countries so they can not be exploited and abused. Visit ccfcanada.ca.
- Monitor your investments. Ask how your investments can be more ethical. Tell your investor you do not want to invest in companies that exploit children.
- Know how clothing is assembled. Research to make sure your clothing is not produced in sweatshops or through child labour. Many worldwide organizations keep track of business practices and provide useful information on clothing production. **NEWS CANADA**

In brief

CAMPING Canadians are trading in their pricey hotel suites for sleeping bags this summer. An Angus Reid survey commissioned by Coleman Canada and Canadian Tire indicates that 46 per cent of Canadians are considering camping or "staycations" — day trips close to home — to save money this year. After the initial cost of gearing up with the proper equipment, a weekend camping trip for a family of four can cost less than $500 – including gas, food and campsite fees. **METRO NEWS SERVICES**

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Metro Homes

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EDITOR: DOUGLAS.DUNLOP@METRONEWS.CA

By any other name

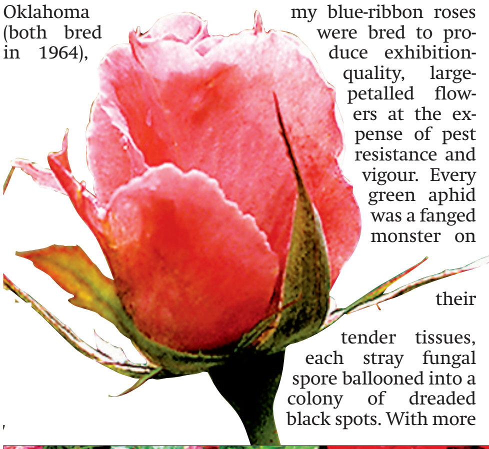
Modern roses exhibit the sensuality of their ancestors while offering the ease of care gardeners have long desired.

Written by Judith Adam, photography by Jerry Pavia

Thirty years ago I bought my first roses, all mid-century hybrid teas such as Mister Lincoln and Oklahoma (both bred in 1964), with award-winning performance and big, lush blooms.

The summer passed in a conscientious flurry of preventive spraying schedules, precision-timed fertilizer applications and increasing dissatisfaction with the results.

Despite obsessive attention, these plants would not thrive. I didn't know my blue-ribbon roses were bred to produce exhibition-quality, large-petalled flowers at the expense of pest resistance and vigour. Every green aphid was a fanged monster on their tender tissues, each stray fungal spore ballooned into a colony of dreaded black spots. With more and better information I might have made different selections.



But as it was, my award winners all dwindled through the summer and met a wintry death. Since that season of discontent, much has been achieved in developing modern roses with inbred resilience to the harsh realities of climate and ecology. Plant breeders have turned their gene-mixing skills to developing beautiful roses that are repeat blooming, are able to persist through insect and disease problems, and grow vigorously. Easy-care modern roses have long bloodlines carrying healthy genes from past centuries.

In recent years, I've grown the modern coral-pink climber America, a disease-resistant garden workhorse with the genes of 89 rose ancestors, dating back to 1859. Yellow-pink Morden Sunrise (Canadian bred in 1999) is another winner in my garden; thriving without winter protection and exposed to the west wind, it's not fazed by the usual hardships of budworms and leaf spots (though admittedly, Japanese beetles are entranced by the fragrance). Lest you fear that high petal count, deep scent and voluptuous form have been sacrificed, have a look at the Austin English roses developed from classic antiques married to modern cultivars. Rose breeder David Austin's crimson red William Shakespeare 2000 is typical (if one can use that term to describe a masterpiece) of the lushly perfumed, full petal count, disease-resistant English roses that are both easy-care and modern.

How easy is it to grow modern roses? With their strengths, rose care is reduced to meeting basic needs. Sun and good soil is a good way to start.

Your garden will be primed for a party!

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Winter conditions in northern gardens are severe; even a rose that can survive in your zone will benefit from winter protection.

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City lunch, beach house dinner

Suite Talk

A new community on Vancouver Island is offering resort-style living a short ferry ride away from Vancouver.

Qualicum Landing, a $35-million project, is offering price reductions averaging $150,000 to $250,000 — with single standing luxury beach homes being sold for as low as $399,000.

"This price point will provide an unprecedented real estate opportunity for those who are interested in owning waterfront property at a great value," said David Steele, managing partner of Qualicum Landing.

Anna DiFiore, sales and marketing director of Qualicum Landing, said the development's location, just 10 minutes outside of Qualicum Beach, is ideal.

An artist rendition of a community in construction called Qualicum Landing on Vancouver Island.

"Residents can have lunch in their downtown Vancouver office and dinner at their beach house — it's the lifestyle that we're most proud to offer," she said.

The luxury community includes amenities such as an outdoor swimming pool, fitness centre, an owner's lounge, two hot tubs, a sport court and a fire pit. Residents will also have access to five golf courses all within 20 minutes from Qualicum Landing. In addition, some of the best fishing on Vancouver Island is right on the resort property's doorstep in Fletcher Creek.

Each home has been carefully designed to maximize the living space and features high-end finishings throughout. The architecture, led by Vancouver Island-based designer John Larsen of CA Design, is meant to integrate the homes with their environment. All design elements have been thoughtfully considered to conserve energy and use environmentally friendly products and finishes. **FOR METRO VANCOUVER**

The details

- The master-planned strata community will have 62 beach homes, with four different home plans to choose from. Phase one, including the clubhouse is slated for completion in December 2009.
- Interested purchasers may get a closer look at what Qualicum Landing has to offer by attending their selection day event next week on Saturday. To register for the event, visit QualicumLanding.com.

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New condo amenity: Chicken coop?

HomeScape

Sylvia Putz

metronews.ca/homescape

In the old days, chickens wandering and scratching around the house may not have been such a shocker, but it certainly would be an eye-grabber in the city in this day and age.

Or would it? Recent news coverage in Toronto and other urban centres has shown that the idea of keeping chickens has gained a lot of interest in the city. It seems to be an idea whose time has arrived (again).

After decades of happily ingesting processed foods made of a long list of chemicals and other substances not encountered in nature, people are starting to ask questions about what they are eating. One solution is to produce the food yourself. In the same way you know precisely what goes into the vegetables you grow in your garden, you would know what has been fed to your chickens, and how they are kept or treated.

But before you rush off to build your chicken coop, keep in mind that the notion of keeping chickens in the city is one that many communities are still wrestling with. Check with your local government. If it is illegal in your city, and you would like it to be legal, get busy lobbying. Check online under urban chicken or city chicken — you'll find lots of allies.

Cities such as Guelph, Brampton, and Niagara Falls in Ontario, and Victoria and Surrey in British Columbia do allow urbanites to keep chickens provided certain rules are followed. These usually have to do with the number of chickens you may keep, minimum lot size, or distance of the coop from lot lines. One rule that almost all chicken-friendly municipalities have is — no roosters. This is because roosters try to impress hens by cockadoodling at all hours of the day, enough to drive you bonkers. Hens can cackle, but are much less vocal than crowing roosters.

Mostly, people who keep hens want eggs. Slaughtering hens for the purposes of a good chicken meal is another benefit, but many urbanites who raise chickens tend to shy away from this. They get attached to the chickens, who can actually be quite companionable.

I can tell you from past experience that both the meat and particularly the eggs of home-raised chickens are delicious, and often bear very little resemblance to some of the much blander commercially-produced chicken and eggs. I swear the best eggs I've ever eaten were bought from a ramshackle farm with wandering chickens near a cottage we used to visit.

Sylvia Putz is a journalist with an interest in decor and design. She's written for the TV show Arresting Design; sputz@arrestingdesign.com.

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An emulsifier?
Mustard helps to bind sauces and emulsify oils in vinaigrettes and mayonnaise. Begin making vinaigrette with prepared mustard, whisk in vinegar or lemon juice and then slowly whisk in oil. Season to taste. **METRO NEWS SERVICES**

Food

Cultivated for at least 5,000 years, mustard is the oldest condiment known to man and is the world's third most important spice after salt and pepper.

BARB HOLLAND/FOR METRO CANADA

Two types

There are two main types of mustard seeds: The relatively mild white or yellow mustard seed and the stronger brown or Oriental mustard seed.

EDITOR: NINA.DRAGICEVIC@METRONEWS.CA

Spread a little national pride

Our home and native land is the mustard capital of the world

À **la** carte

Barb Holland

metronews.ca/alacarte

Did you know? Canada grows more than 90 per cent of the world's mustard seed — mostly in Saskatchewan, the real mustard capital of the world. Canada is also home to the largest and oldest mustard mill in the world.

Mustard is made from crushing the seeds of the mustard plant. The tiny seeds, about 250,000 per pound, are very pungent. On their own, they are bitter and biting. To make the condiment, the seeds are crushed into a powder and mixed with liquid (wine, vinegar, beer, water) and various spices, such as turmeric, to form a paste. Brown mustard has a dark brown seed coat and is used in Dijon-style mustards and also used in combination with yellow in English-style mustard.

Prepared mustards can range from mild yellow to hot peppery brown to very spicy mustards. No Canadian fridge is likely to be without a least one jar of this quintessential condiment. And it goes well beyond a hamburger and sandwich spread. Here are just a few suggestions:

- Mustard is a must with ham and wonderful with pork — combine equal amount of mustard with maple syrup or honey and brush on a ham or pork roast, tenderloin or chops near the end of baking or grilling.
- Brush spicy horseradish mustard on a beef roast, then press coarsely crushed black pepper into mustard before grilling.

A simple, delicious sauce

This sauce would taste terrific on grilled salmon, asparagus or drizzled atop potatoes.

Herb Mustard Sauce

This simple sauce is good with grilled salmon, asparagus or spooned over potatoes. Makes about 1/2 cup (125 ml).

INGREDIENTS:

- 2 tbsp (30 ml) butter
- 4 green onions, chopped
- 1 /4 cup (60 ml) Dijon-style mustard
- 2 tbsp (30 ml) honey
- 2 tbsp (30 ml) fresh lemon juice
- 1 tsp (5 ml) dried tarragon leaves
- Salt and pepper

METHOD:

In a microwaveable bowl, combine butter and green onions. Microwave at High for 30 to 60 seconds to melt butter and soften onions. Stir in mustard, honey, lemon juice and tarragon. Season to taste with salt and pepper.

TIPS:

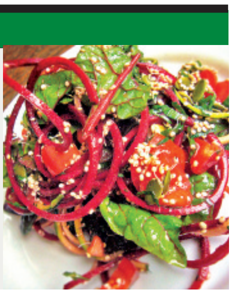
- Prepared mustard loses flavour and heat as it ages, even when unopened. Purchase small jars, refrigerate after opening and use within one year to preserve quality.
- The mustard plant is a member of the Brassica family. Other members include the cabbage, broccoli and Brussels sprouts — all well known for their nutritional benefits.

Barb Holland is a professional home economist and food writer who believes in shopping locally and in season.

On the web

Global Peasant blog:

- Travel along with Diane Thompson's culinary adventures in her Global Peasant blog. Visit metronews.ca/global-peasant for Diane's latest kitchen toy — a spiral vegetable slicer — and the salad it creates.



Liquid**Assets**

Peter Rockwell

metronews.ca/liquidassets

National spirit

My wife gave me a cool whisky tasting glass made by Nova Scotia Crystal for our anniversary last week. Though no stranger to a splash or two of scotch; with Canada Day coming up I thought I owed it to the country to break it in with some of our own homemade spirits.

While Canada certainly has a reputation for making fine libations (think beer and wine) the fact that we create darn good whisky seems to have fallen off everyone's liquid radar.

Considering my new thistle-shaped receptacle has its origins in the Maritimes; filling it with a wee dram from our nation's only single malt whisky maker seemed poetic. **Glen Breton Rare ($79.99 - $89.55)** made by Cape Breton's Glenora Distillery is a light, heathery 10 year old with a relaxed, creamy flow of soft, sweet malt.

If you like your hard liquor with more oak-influenced flavour **Danfield's Private Reserve Small Batch Whisky ($24.95 - $26.48)** tastes like an American bourbon but with all the smooth, mouth-filling sweet grain character of a classic Canadian.

A touch of spring water added to each will help reveal more of their rich aromatics no matter what glass you choose to use.

Prices reflect the range across the country. Some products may not be available in all provinces.

Peter Rockwell is the everyman's wine writer, working in the liquor industry for more than 25 years and travelling the globe looking for something to fill his glass and put into words.

Personal Gourmet recipe of the month

ROSE REISMAN

Asian Beef Lettuce Wraps with Peanut Sauce

I love the mu shiu served in Chinese restaurants. Minced pork, chicken or beef with hoisin sauce and vegetables is served in lettuce leaves or flour wraps. They're high in calories and fat due to extra oil and the fattier quality of the beef. These homemade ones taste great and they're leaner. The peanut sauce is made with light coconut milk.

INGREDIENTS:

2 tsp vegetable oil
1 cup chopped onion
½ cup diced carrot
¾ cup diced red bell pepper
12 oz extra-lean ground beef
¼ cup light coconut milk
2 Tbsp natural peanut butter
4 tsp low-sodium soy sauce
4 tsp rice wine vinegar
2 tsp sesame oil
1 ½ tsp minced garlic
1 tsp honey
1 tsp sesame seeds
1 tsp minced fresh ginger
½ tsp hot Asian chili sauce
¼ cup chopped cilantro or parsley
¼ cup chopped green onions
8 large Boston or butter lettuce leaves

BRIAN MACDONALD

METHOD:

Spray a large non-stick skillet with cooking oil, add the vegetable oil and place over medium-high heat. Sauté the onion until browned, about 5 minutes. Add the carrot and bell pepper and sauté for another 8 minutes, until the vegetables are tender-crisp. Add the beef and sauté until no longer pink, about 4 minutes.

Combine the coconut milk, peanut butter, soy sauce, vinegar, sesame oil, garlic, honey, sesame seeds, ginger and chili sauce. Add to the beef mixture and simmer for 3 minutes.

Stir in the cilantro and green onions. Divide among lettuce leaves and roll up or allow your guests to roll their own.

PREP TIME: 15 MIN
COOK TIME: 20 MIN **SERVES 4**

Nutritional Info

PER SERVING

Protein:	21 g	Saturated fat:	4.2 g
Fibre:	2.8 g	Carbohydrates:	12 g
Fat:	16 g	Calories:	276

About Rose

Rose Reisman is an author, media personality, nutritionist, and the inspiration behind a fresh food delivery service, Personal Gourmet, and new website, The Art of Living Well. Visit Rose at rosereisman.com & personalgourmet.ca

MAKING TODAY'S NEWS SWEETER, WITH REAL STORIES THAT WILL MAKE YOU SMILE.

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THOSE DOG DAYS OF SUMMER

There is a sense of energy and vitality that comes with being able to get out and enjoy the summer sun.

With winter's snow a distant memory, and the unpredictability of spring finally tamed, there's a collective sigh of relief: Summer has finally arrived. Here, the 10 best signs of summer:

1. Summer fun. Maybe it's the exposed skin, and the t-shirts and shorts, but there is a sense of energy and vitality that comes with being able to go outside without having to be bundled up against the elements.

2. Warmer days. The days may get slightly shorter after the arrival of summer — the longest day of the year — but it also heralds the official start of warm weather and that feeling that the worst of winter and spring is finally over.

3. Flowers burst to life. After the long dreary winter, gardens across Canada come alive with daffodils and tulips in full bloom, adding colour to our surroundings, and adding an intoxicating scent to the air.

4. Birdsong fills the air. You don't have to be a bird enthusiast to enjoy the songs of chickadees, cardinals, mockingbirds and sparrows that ring out at dawn and dusk.

5. Farmer's markets. Every summer, more weekly markets crop up across Canada, providing high quality, local produce that offers incomparable taste — and fresh from the field goodness.

6. Barbecue season starts. All across Canada, families start firing up their grills, cooking up delicious fare outdoors.

7. Patios open. Nothing says summer has arrived like the sight of sun-bathed diners enjoying an alfresco meal. When summer hits, sidewalk cafes are the place to be, as are those intimate courtyard dining spots.

8. Communities come alive. With warmer weather and longer days, communities reunite, as people get out walking, tend to their gardens and stop to chat with one another.

9. More people bicycle. You know it's summer when the roads and recreational trails team with bicycles. With the more temperate climate, people are more inclined to pedal their way to work.

10. Theatre festivals open. When summer arrives, actors take to stages across Canada — with outdoor festivals taking advantage of beautiful evenings and warm temperatures to draw audiences.

How to tell the economy is rebounding

Although experts caution that the exact timing of economic recovery remains uncertain, over the past couple of months there have been increasingly encouraging signs that the worst of the global recession may be over and the world economy is rebounding. Here, the top five positive signs:

1. Global manufacturers are showing signs of improvement. Not only did U.S. construction spending rise in April, but in May industrial activity in China (the world's third-largest economy) expanded.

2. Stock markets and oil prices around the world have risen to reach their highest levels in seven months as investors are regaining their confidence.

3. Canadian banks – considered by the World Economic Forum to be the soundest in the world – are showing better-than-expected results and reporting modest profits.

4. Canada's housing market is improving. Real estate experts attribute the upturn to first-time buyers who are stepping back into the housing market due to lower prices and interest rates, which in turn, is having a domino effect and strengthening the overall housing market.

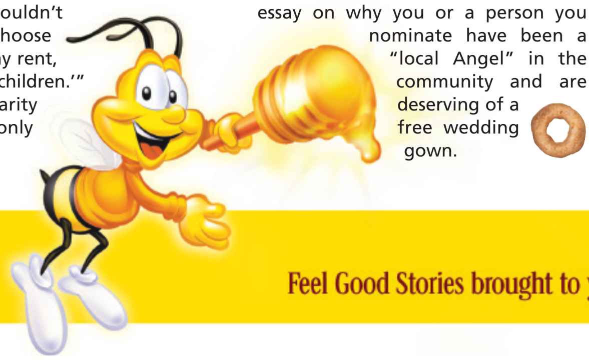
5. The Canadian government rolled out a $12-billion, two-year infrastructure stimulus spending program last month to kick-start Canada's economic rebound.

Offering women a new beginning

For many women in Toronto, Denise Whitter, founder of New Beginnings Support Program, is like a fairy godmother. Denise started the charity in 2003 to improve the lives of women and children in need by empowering women to become confident, self-sufficient, and employable. "We found women would get training and end up in minimum-wage jobs and still couldn't support their children," explains Denise. "I strongly believe women shouldn't have to choose 'Do I pay my rent, or feed my children.'"

The charity not only provides women with job coaching for fields like office administration, but also liaises with potential employers. Their annual fundraiser, Wedding Bliss, takes place on June 20 at the Ted Rogers School of Management in Toronto, where brides-to-be can pick out donated wedding gowns, worth thousands of dollars, for between $50 and $200.

There will also be a contest for 10 lucky women to win a free wedding gown. To enter, simply write a short essay on why you or a person you nominate have been a "local Angel" in the community and are deserving of a free wedding gown.



Breaking out the family fun

When it comes to quality family time, most people opt for going to the movies or renting one together. As fun as this is, watching a movie doesn't actually involve group interaction though. One activity that does create a great bonding experience for your entire brood is a games night.

So designate a specific night on the calendar, turn off the cell phones and the T.V., and get out the board games for some good old-fashioned family fun. Instituting a weekly games night for your family allows uninterrupted time together – an increasingly rare occurrence in our time-crunched lives. There are a plethora of games to choose from including time-honoured favourites like Yahtzee, Scrabble, Chess and Monopoly.

Not only does a games night bring you closer together as a family unit through face-to-face interaction, but it teaches kids some basic life lessons in an informal way including co-operation and teamwork, honesty and playing fair, understanding and accepting both winning and losing, making choices and accepting the consequences, and patience. This is one family tradition that's sure to become an instant hit for years to come.

Feel Good Stories brought to you by Honey Nut Cheerios. EVERY DAY COULD USE a touch of honey

The Passion is Back
On September 20 at 6 p.m., the 6th Annual Passions Benefit for the Dr. Peter AIDS Foundation is back. Taste the artistry of 19 top chefs, be submerged in the steady flow of wine, and raise money for the cause. Tickets $200. Call 604-331-3452 after July 15 or visit drpeter.org. **METRO NEWS SERVICES**

Urban Foodie

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Eight ½ not quite a 10, but it could be

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anya.levykh@gmail.com

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151 East 8 Ave.
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Signature Drink:
Watch Your Melon
Signature Dish:
Okanagan Stuffed Chicken
Rating: ⊕⊕⊕½
Dinner & drinks for 2: $75

It's a quiet, little neighbourhood spot — open just a few months — and has a friendly, unpretentious vibe. The menu is very reasonable, with starters all under the $10 mark and mains between $12 and $18. Glasses of wines hover around $5 to $7, and beers around $4.

Halibut, tuna and shrimp ceviche ($8.50) was fresh, tangy, with cilantro and all things nice, including a lovely apple-mango salad and cheesy tortilla crisps. The phyllo-wrapped baked brie ($8.50) was drizzled with lobster-infused olive oil and sided with soft slices of baked apple. Large, warm and gooey — it's what cheese was meant for.

Mains were slightly less spectacular. Margherita pizza ($8.50) was too bready — a thinner crust would have been appreciated here. Toppings were fine, but slightly overbaked. The stuffed free-run chicken ($17.50) was a bit confusing. The apple-smoked cheddar stuffing didn't make a strong appearance on the buds, one just felt the heavy presence of cream and mash, minus enough salt. As for the tubers — mash'em or smash'em, but stick to one or another. Lumpy mash is neither here nor there.

Dessert of banana-bread pudding with ice cream ($5.50) was the redeemer. It's a comfortable menu, that, with a few tweaks, could score more than eight and a half.

On the web

- Read the full article online at metronews.ca/vancouver/columnist/40411.
- Chew more on Anya's blog at metronews.ca/vancouver/blog/136310.

ANYA LEVYKH/FOR METRO VANCOUVER

Halibut, tuna and shrimp ceviche with apple-mango salad.

Masi Tupungato's Double Step

MASI
TUPUNGATO
Produit et mise en bouteille par
Produced and bottled by:
Vigneti La Arboleda, Tupungato
Argentine - Argentina
PASSO DOBLE
2007
MALBEC - CORVINA
750 ml
13.5 % alc./vol.
Vin Rouge - Produit d'Argentine
Red wine - Product of Argentina

Like the famous dance for which it is named, the Passo Doble does a two-step all its own. This 70 per cent Malbec / 30 per cent Corvina blend takes the Malbec on a double fermentation in stainless steel, before blending with semi-dried Corvina grapes. Makes for a deep, dark quaff of red fruit and spice, with hints of cherry on the nose. Try with winged game, strong cheeses or roasted red meats. BCLS $15.90.

Dining out

OUTSIDE THE BOX Bishop's (2183 West 4 Ave.) will be cooking "out of the box" this summer. Catch their early bird $38 three-course menu based on fresh harvest deliveries from community-supported farm producers. Available nightly between 5:30 p.m. and 6:30 p.m. in July and August. Call 604-738-2025 for reservations.

LET'S DO BRUNCH Campagnolo (1020 Main St.) has launched a weekend brunch menu on Saturdays and Sundays from 11:30 a.m. to 2:30 p.m. Try pancetta frittata with spinach goat cheese, braised pork belly crespelle with mushrooms and cream, panettone budino and more. Call 604-484-6018 for more info.

In brief

THE NEW Coast location at 1054 Alberni St. will officially open on July 10, along with the Glowbal empire's newest addition, O Lounge, located next door. The old Coast location at 1257 Hamilton St. will become a new Glowbal location called Society, due to open closer to the fall.

ADVERTISING FEATURE

Urban Eats

Medley's Restaurant

Open for breakfast, lunch and dinner, Medley's Restaurant is a popular spot with a friendly, casual atmosphere. Favourite dishes at Medley's Restaurant include pizza, Medley's clubhouse sandwich and daily features from our award-winning chef. A Hearty Best-4-breakfast buffet is served everyday starting at 6:30 a.m. Don't forget that children under the age of 12 eat free when accompanied by an adult.

Medley's Bistro Bar

A quiet spot right off the lobby - perfect for a get together. The Bar features a wide selection of wine, beer and scotch, as well as lighter fare such as a classic Caesar salad and sweet and spicy chicken wings.

Featured Menu Items
Medley's Cobb Salad $12.95
Yakisoba Noddle Stir-fry $13.55
Linguine Marsala $13.95
Thai Red Curry $13.95

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Mango's male face

The new face of the autumn/winter 09 MANGO menswear line HE Homini Emerito will be Max Irons, the son of actor Jeremy Irons. The 23-year-old currently made his acting debut in the London theatre's Wallenstein. **METRO NEWS SERVICES**

Style

IWC pilot watch

Channel the iconic aviator Howard Hughes with this pilot watch by IWC. It's designed for men but would also look cool and chic on women. Added bonus: It comes in a smaller size for young boys. (Available at iwc.com). **KENYA HUNT/METRO WORLD NEWS**

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

Bright colours for men in Milan

Spring collections are sporty, tailored

From soft suits to sporty leisure wear, designers at Milan's fashion week sought more to reassure rather than provoke with easy, familiar styles and vibrant colours for men next spring.

The trend at the spring/summer 2010 menswear shows — which ended on Tuesday — was for a mix of tailoring and dressed down, with roomy bags and sportswear shoes evoking a travel theme.

A neat and firm silhouette was evident — shoulders were defined, while waists and trousers were slim at Gianfranco Ferre and Roberto Cavalli. Bottega Veneta had V-shape trousers — full on top and narrow below — with crisp shirts and jackets. Trousers, usually slim, were to the ankle.

As the warm season brings out more skin, several top names made sure to show off men's bodies – with revealing vests at Cavalli and open tops tucked into tiny tight swimming trunks at Dolce & Gabbana, also seen at Versace.

Not known as one to go with trends, Miuccia Prada cut out the colour seen elsewhere and stuck to greys, black and white for an urban collection shown against a monochrome backdrop.

Prada presented knit waistcoats or armless buttoned gilets over armless collarless shifts of shirts. Tops, some in a flexible wet-look fabric, had holes. Trousers with tiny black and white checks or tweed-like narrowed at the ankle.

The theme was also urban at Emporio Armani — for which designer Giorgio Armani got a standing ovation from some of the crowd. Armani, looking to city connections, presented suits in cool shades of grey with a fitted cut and defined shoulders and trousers with small darts at the front and turn-ups.

"It is city smart but also comfortable," Armani said in show notes. He also turned to Asia with jackets in techno mesh and put in dabs of orange on jackets, fleeces and accessories.

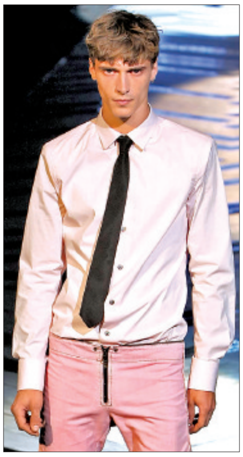
For his Giorgio Armani line, he went for classicism — suits were chequered or striped, shirts had oversized patterns.

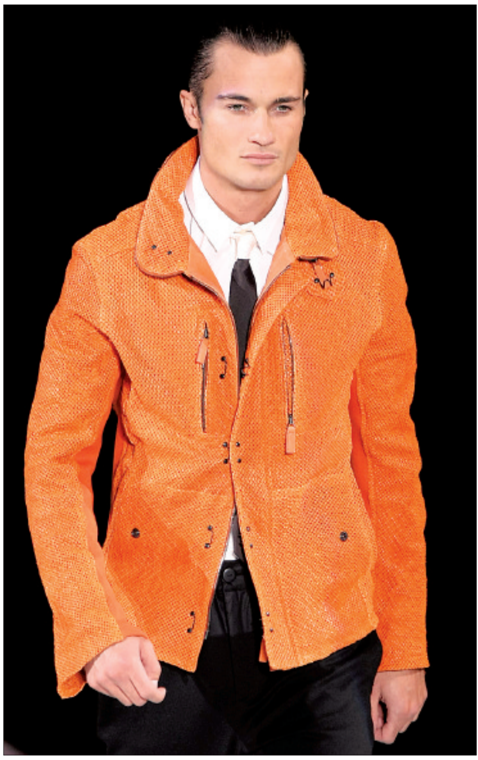
Armani also put out white suits with sky blue patterned tops. White was also evident at Salvatore Ferragamo and Ferre which had a "free and easy yet ever impeccable mood".

Versace also showed comfort with unbuttoned tunics and safari-like jackets, also seen at Ermenegildo Zegna and Ferre which had sparkly tops underneath.

Burberry's Christopher Bailey took outerwear from dark to pastel colours, which he said was like starting with rain and ending with sunshine, an analogy of the tough economic climate.

He chose a softer shoulder on suiting, worn with crew necks and knits that had straps. Cavalli also splashed pink, yellow and green on tops, trousers and shiny shoes. **REUTERS**





PHOTOS BY STEFANO RELLANDINI/REUTERS

The spring/summer 2010 men's collections at Milan Fashion Week focused on neat, firm silhouettes and bright colours as well as earth tones. Left: Roberto Cavalli. Right: Emporio Armani.

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Yoga jeans equal super comfort

JANINE FALCON
For Metro Canada

TREND Yoga Jeans are not jeans to wear in yoga class.

Made from brushed cotton denim with three per cent elastane, they're super stretchy so they'd be far more comfortable for downward dog than you'd expect — and the waistband won't gape.

But with their deep, inky washes and flattering fit that make legs look miles long and lean, Yoga Jeans will work better with that hot top you bought to wear on Saturday night.

Cut in mid- and low-rise skinny, straight, flare and boot-cut styles, as well as an ankle-length summer pant, Yoga Jeans (about $110) are the hottest pants in town. Made by Canadian company Second Clothing, they have a 92 per cent shape memory versus the industry standard of 64 per cent, which means zero sagging in the butt or knees.

Yoga Jeans come in sizes 24 to 34 and with an inseam that can hit 33 in the larger sizes. They're available at Jean Machine, theshoppingchannel.com and at shopgirls.ca.

Yoga jeans, $110, have a 92 per cent shape memory built into the material which means zero sagging in the butt or knees.

ELLE CANADA

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HOT, HOT, HOT STUFF

Hit the beach in sizzling pieces that are sure spark some heat

PHEROMONE ALERT! Prada's Infusion de Fleur d'Oranger draws in sun goddesses like moths to a flame with its neroli and jasmine blend ($88 for 100 mL)

SCORCHED EARTH Leave a little to the imagination: A chic scarf doubles as a sarong ($92, Love Quotes)

POP TARTS Put your pastels out to a pasture – this season is all about juicy, notice-me hues. Zoya Professional Lacquer in Paz and Midori ($9.95 each)

SEXY SNAPPER Sleek in form, waterproof in function and chartreuse in fabulosity, the Stylus Tough lives up to its name ($349, Olympus)

Editors' Pick

WILD BUNCH

If your summer travel plans are shaping up to be more of a staycation than a trek through the Amazon, at least you can pretend, a la Where the Wild Things Are, with Smashbox's safari-inspired Untamed collection. The line includes a waterproof shadow/liner in a trio of wearable neutrals and a double-ended eye-brightening pencil that makes it easy to highlight on the fly.

Smashbox Untamed Waterproof Shadow Liner Trio ($31)

BEAUTIFUL ESCAPES

GUCCI WESTMAN Global artistic director, Revlon ● **Vacation 2009** "I just came back from the Turks and Caicos and loved it!" ● **Favourite holiday sun spots** "Barbados, Ramatuelle and Hawaii." ● **Pre-holiday prep** "Go for a mani-pedi, dye my lashes, get my roots done, prep my body for exposure and shop for summer dresses and a new bikini." ● **Favourite cocktails** "Caipirinhas, bellinis and, on a summer holiday, chilled rosé." ● **Favourite indulgence** "Fresh grilled fish." ● **Packing essentials** "A new swimming costume, a great beach bag, a deck of cards, a great sundress and a hat." "● **Favourite self-tanner brand** "Decléor." ● **Favourite bathing beauty** "Ursula Andress."

Gucci Westman with her husband and son in the Turks and Caicos

Decléor Aroma Sun SPF 10 Hydrating Tinted Self-Tanning Gel-Cream ($35)

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Weaver not returning with Ghostbusters
Sigourney Weaver has revealed that she will not be appearing in Ghostbusters 3. In an interview with TV Squad she said: "No, I don't expect to have anything to do with it, although I wish them well." **FEMALEFIRST.CO.UK**

Entertainment

Next Riddler?

Johnny Depp wants to play the Riddler in the next Batman movie. The Public Enemies star would love to take on the role of the game-obsessed villain in the superhero blockbuster.
FEMALEFIRST.CO.UK

EDITOR: DEAN.LISK@METRONEWS.CA

⊕⊕⊕⊕⊕ A CLASSIC; ⊕⊕⊕⊕ EXCELLENT; ⊕⊕⊕ GOOD; ⊕⊕ FAIR; ⊕ POOR

Alexisonfire grows up

Old Crows/Young Cardinals is the new album from Alexisonfire.

Alexisonfire

Album: Old Crows/Young Cardinals
Label: Dine Alone
Rating: ⊕⊕⊕⊕½

"WE ARE NOT the kids we used to be, stop wishing for yesterday." So goes the chorus of Old Crows, the opening track of Alexisonfire's fourth CD (note: it's yelled, not screamed). Yes, boys and girls, even emo-screamo kids have to grow up, sometime. That's the message deftly delivered here. The members of Alexisonfire were barely out of high school six years ago when they astonished an unsuspecting industry by scoring platinum with a searing debut CD without the help of a major label. Old Crows/Young Cardinals retains the edge of the old AOF while venturing into a maturer sound, more palatable to older ears. The vocal tension between Dallas Green, Wade MacNeil and George Pettit remains, but also produces some remarkable harmonies. Pettit in particular has traded his hardcore screams for an angry, throaty howl. And the social politics he enters in songs like Emerald Street are written with the keen eye of the observer. This is a band that's far stronger than it's individual parts and will hopefully be around for many years to come.

Graham Rockingham/for Metro Canada

MusicReviews

music@metronews.ca

Regina Spektor

Album: Far
Label: Sire/Warner
Rating: ⊕⊕⊕½

IT'S HARD TO figure Regina Spektor out. The Moscow-born Bronx-raised pianist wowed fans with her dark songs on Begin to Hope, but here she's playing the pure pop princess. Equal parts cute, quirky and just plain weird, Far delivers an eclectic mix of jumpy piano numbers and indie Feist-like sounds. For the most part it works — Eet is a rollicking track with a wicked falsetto — but there are some flops, such as Machine, a plodding, droney tune that sounds too industrial for its own good.

Bryan Borzykowski/for Metro Canad

The Cliks

Album: Dirty Kings
Label: Warner
Rating: ⊕⊕⊕

THE COVER OF this Toronto band's third album promises to deliver some nasty, below-the-belt punches. But the only real dirt here is a sexual tease. The Cliks have streamlined into that of a slickly produced guitar-based power trio. The album comes out of the box bubbling over with hypersexual tension on the opening track Haunted and the title song Dirty King, but settles into the plodding comfort zone of '80s power balladry on Not Your Boy, Red and Blue and eventually slides into the graceful cabaret of Emily. The Cliks are at their best when following the driving lead of bassist Jen Benton. Lead singer and guitarist Lucas Silveira has the potential for achieving major alt-rock divadom. He'll find it easier to achieve by serving up more dirt and less theatre.

Graham Rockingham/for Metro Canada

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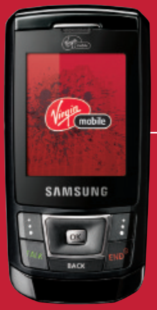
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Hear Stallone roar
Sylvester Stallone will play a lion in forthcoming film The Zookeeper. The 62-year-old star has signed up to voice the animal role alongside Adam Sandler, Cher, Judd Apatow and Jon Favreau. **FEMALEFIRST.CO.UK**

Princess ready to rule

New show highlights Disney's rising star Lovato

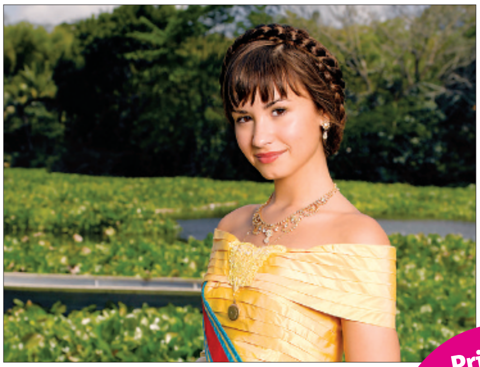
IAN JOHNSTON
for Metro Canada

Disney's latest acting-and-singing megastar doesn't mind missing out on normal teen things like high school. At 17, she just wants to work.

"I'll relax when I'm older," says Demi Lovato, whose last couple of years have included a hit album, a sold-out tour with the Jonas Brothers, the Disney megahit Camp Rock, a sitcom (Sonny With A Chance), and the TV movie Princess Protection Program, airing this Friday on Family.

Oh, and there's also a second 2009 album, set for release next month, plus the inevitable Camp Rock 2.

"That's crazy, I know. But I'm doing it. Why not take advantage of it now if the opportunity is there?" says Lovato, who was in Toronto recently for the red carpet premiere of Princess Protection Program.


Demi Lovato stars in Princess Protection Program.

The comedy is a typically lighthearted fish-out-of-water Disney TV movie about a princess (Lovato) who befriends an American tomboy (Selena Gomez), while hiding out in a small southern town.

Princess is just Lovato's latest project with Disney, responsible for steering the careers of such tween sensations as Miley Cyrus and The Jonas Brothers. Lovato isn't as famous as all that — yet — but she's getting there. Lovato says she's comfortable with fame and being a role model for kids.

"I knew going into Camp Rock I'd become a role model. But I want people to know I'm growing up right in front of you. So I'm going to make mistakes. I want to be a role model for what I do or overcome — not being perfect."

Princess teams Lovato with her longtime friend Gomez, another rising Disney star best known for the series The Wizards of Waverley Place. The pair first met as seven-year-olds in Dallas at, believe it or not, a casting call for The Barney Show.

"She was wearing a red ribbon in her hair, and turned around, and asked me if I wanted to colour with her," recalls Gomez.

"I think Disney really likes our friendship because it's honest and genuine. So they wanted to capture that on screen."

Lovato agrees, saying Disney is very particular with the projects it chooses for its young stars.

"They're very hands-on. Very careful. Because they have a large audience that's bigger than others that's very family-oriented. They have to be careful."

Princess Protection Program airs Friday on The Family Channel

Idol, indie labels duke it out for Lambert

Adam Lambert's debut album is coming out much earlier than planned, some time this summer.

That's great news for fans of the American Idol runner-up, but it could be a big headache for some of the major corporations behind the talent show, who have been beaten to the punch by a pair of small, indie labels.

Before he became a household name, the flamboyant singer spent three years recording songs for Los Angeles-based Wilshire Records. The label has joined forces with Hi Fi Recordings to release the 11-track album On With the Show this summer. An exact release date will be announced shortly.

The first single, Want, went on sale at digital music retailer iTunes on Tuesday. Lambert co-wrote nine of the songs, working mostly with Madonna's guitarist, Monte Pittman.

American Idol producer 19 Entertainment issued a brief, businesslike statement attributed to Lambert in which he is quoted as saying, "The work I did back then in no way reflects the music I am currently in the studio working on."

REUTERS
Adam Lambert

"It doesn't surprise us, but it doesn't make us feel good," said Hi Fi Chairman and CEO John Hecker. "For some reason it's scaring Goliath, and I don't know why."

He said Lambert attended a post-production session last month, as American Idol reached its climax, and that the singer was "blown away" by what he heard.

It wasn't supposed to be like this in the highly controlled American Ido organization. The winner and the runner-up from each season, along with some other finalists, score deals with a Sony Corp label through 19 Entertainment, **REUTERS**

Heigl signs on to orphan drama

FILM Grey's Anatomy star Katherine Heigl will headline Life As We Know It, a drama about two single people who suddenly become caregivers to an orphaned girl after the parents, their mutual best friends, are killed in an accident.

The project, which has been kicking around Hollywood since at least 2001, will be directed for Warner Bros. by Everwood creator Greg Berlanti. No start date is set.

Heigl has had a solid film career since her breakthrough in the 2007 comedy Knocked Up. She is following up her rom-com hit 27 Dresses with the July 24 release The Ugly Truth, co-starring Gerard Butler. **REUTERS**

Kenya's**Style**
Kenya Hunt
Read the blog at
metronews.ca/kenyasstyle

For complete online movie listings, trailers, reviews and tickets, visit:
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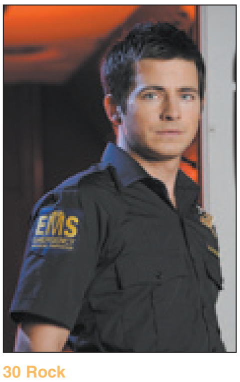
VA	Vu	SC	C	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
primetime 6/25/09	251	308	3 CBC	Coronation St.	Jeopardy! (N)	The Dolphin Dealer (2008)		Doc Zone "Web Warriors"		CBC News: The National (N)		(:05) The Hour
	255	358	6 JOY	E! News (N)	The Insider	Miss Congeniality 2: Armed and Fabulous ★★ (2005) (CC)				The Beast (N) (CC)		News (N)
	254	-	8 M	Two/Half Men	Two/Half Men	Omni News: Mandarin Edition		News: Cantonese Edition		Omni News: Punjabi Edition		Metropia
	250	321	9 CTV	etalk (CC)	Hollywood	Criminal Minds "Masterpiece"		So You Think You Can Dance		(:01) The Listener "Lisa Says"		News (N)
	-	-	10 OMNI	The Daily	Frasier "IQ"	Smallville "Tomb" (CC)		Supernatural "Yellow Fever"		Scrubs (CC)	Diya (CC)	New Day
	252	336	11 GTV	Entertainment	ET Canada	Bones (PA) (CC)		The Office	The Office	(:01) Harper's Island "Splash"		News (N)
	256	389	12 VI	The Road to Avonlea		Greek "Freshman Daze"		Grey's Anatomy (CC)		(:02) Private Practice (CC)		News (N)
	253	359	13 CITY	Law & Order: SVU		30 Rock	Scrubs (CC)	Friends (CC)	30 Rock	Law & Order: UK "Vice"		The CityNews
	-	-	14 CW	Deal-No Deal	Deal-No Deal	Smallville "Plastique" (CC)		Supernatural "Yellow Fever"		Seinfeld	Seinfeld	Frasier (CC)
	289	381	15 CBS	Entertainment	The Insider	Criminal Minds "Masterpiece"		CSI: Crime Scene Invstgtn.		(:01) The Mentalist (CC)		News (N)
	287	379	16 NBC	Evening Mag.	Inside Edition	30 Rock	The Office	The Office	(:31) 30 Rock	(:01) The Listener "Lisa Says"		News (N)
	602	568	19 W	How Clean	Friends (CC)	Divine Design	House	Confidential	House	Divine Design	Love It-List It	House
	288	380	21 ABC	Wheel-Fortune	Jeopardy! (N)	Samantha	In Motherhood	Grey's Anatomy (CC)		(:02) Private Practice (CC)		KOMO 4 News
	-	-	23 KVOS	M*A*S*H	Seinfeld	Two Days ★ (2003, Comedy-Drama) Paul Rudd, Donal Logue.				King	Still Standing	Scrubs (CC)
	291	383	27 PBS	Steves Europe	Fighting Fraud	Doc Martin (CC)		Kingdom (CC)		Following Dreams (CC)		Alone
	290	382	28 FOX	Two/Half Men	Two/Half Men	Bones (PA) (CC)		So You Think You Can Dance		News (N) (CC)		Family Guy
	-	364	43 PBS	MI-5 "President's Visit" (CC)		Red Green	Summer Wine	Tavis Smiley	Charlie Rose (N) (CC)		This Old Hse.	Yankee Shop
	296	654	64 SBK	Frasier (CC)	Frasier (CC)	Punk'd (CC)	South Park	Cheers (CC)	Half & Half	Paid Program	Family Court	Paid Program
	298	653	65 TLA	Two/Half Men	Two/Half Men	Smallville "Plastique" (CC)		Supernatural "Yellow Fever"		KTLA Prime News (N) (CC)		Friends (CC)
	295	651	66 WGN	WGN News at Nine (N) (CC)		Family Guy	Two/Half Men	According-Jim	Sex and-City	Friends (CC)	Friends (CC)	My Wife-Kids
	297	652	67 WPX	PIX News at Ten Tong. (N)		Two/Half Men	Friends (CC)	Sex and-City	According-Jim	Frasier (CC)	Frasier (CC)	TS250
	199	311	76 STR	News (N)	News		Late Show-Letterman		Late Late Show		Will & Grace	Seinfeld
news	502	390	26 NW	The Nature of Things (CC)		CBC News: The National (N)		CBC News: The National		The Nature of Things (CC)		National
	500	500	33 CNN	Anderson Cooper 360 (CC)				Larry King Live		Anderson Cooper 360 (CC)		Cooper 360
sports	407	419	22 RSP	UFC: Access	MMA Conn	The Ultimate Fighter				Sportsnet Connected (Live)		Sportsnet
	400	400	30 TSN	SportsCentre (Live) (CC)			Golf TELUS World Skins Game -- Day 2. From Levis, Que.					SportsCentre
	411	457	49 OLN	Bounty Hunter	Bounty Hunter	Departures (CC)		Survivorman (CC)		Bounty Hunter	Bounty Hunter	Departures
	410	403	54 SCR	Score Tonight		Final Score	Final Score	Final Score	Final Score	Final Score	Final Score	Final Score
	417	406	55 SC	Wrecked (N)	Wrecked	Pimp My Ride	Pass Time	Pinks -- All Out		Pinks -- All Out		Wrecked
	416	409	144 GLF	Fútbol MLS		Gol TV News	Off the Pitch	Fútbol MLS		Gol TV News	Gol TV News	Gol TV News
family	552	543	25 YTV	Prank Patrol	Prank Patrol	Malcolm-Mid.	Futurama	In Real Life (CC)		Falcon Beach (CC) (DVS)		Mystery Hnt.
	555	545	50 TEL	Stoked	Stoked (N)	6TEEN	6TEEN	Futurama	Tank Girl ★ (1995) Lori Petty, Malcolm McDowell, Ice-T. (CC)			
	557	541	51 FAM	Wizards-Place	Han. Montana	Zack & Cody	Latest Buzz	Wizards-Place	Life Derek	Ned's School	Cory in House	The Suite Life
	553	546	56 TRE	Comfy Couch	Zigby	Max & Ruby	Babar (CC)	Backyard	Ni Hao	Go, Diego, Go!	Franklin	Comfy Couch
cable variety	268	354	5 KNO	Recreat. Eden	Big Ideas	Voyages of Discovery		Art	Lost Gods	The Art of Observation		On Screen
	575	583	20 CMT	CMT Live	Hope & Faith	Tuckerville	Wilkinsons	Live at the Orange Lounge with Keith Urban			Reba "Issues"	Hope & Faith
	570	580	24 MM	Video on Trial	MuchNews	2009 MuchMusic Video Awards				MuchTopTens (CC)		Spotlight
	600	564	29 H&G	House	House	Holmes in New Orleans (CC)		Disaster DIY	Big Amazing	Holmes in New Orleans (CC)		House
	615	520	31 A&E	Crime 360 "Run & Gun" (N)		Crime 360 (CC)		The First 48 (CC)		Crime 360 Serial robber.		Crime 360
	628	584	32 SPKE	(6:00) TNA Wrestling (N)		Jesse James Is a Dead Man		MANswers	GameTrailers	Disorderly Conduct: Video		Guys Choice
	521	560	34 TLC	Paint Misbehavin' (N) (CC)		American Chopper (CC)		Paint Misbehavin' (CC)		American Chopper (CC)		Reckless
	616	522	39 SHO	The Outer Limits (CC)		Love-Death	Love-Death	Seventeen and Missing (2007, Drama) Deedee Pfeiffer. (CC)				House (CC)
	620	523	40 BVO	(6:00) Walk All Over Me (2007)		Law & Order "Murder Book"		Without a Trace "The Line"		Walk All Over Me (2007) Leelee Sobieski. (CC)		
	601	562	41 SLC	Bulging Brides	Bulging Brides	ET Canada	Til Debt-Part	Real Housewives NYC		Trading Spouses		Biggest Loser
	520	505	42 DIS	MythBusters (CC)		Daily Planet (CC)		The Great Sperm Race			Time Warp	MythBusters
	522	506	44 HIS	NCIS "Head Case" (CC)		Ancient Discoveries		Unlocking the Past (CC)		NCIS "Head Case" (CC)		Sea Hunters
	627	528	45 SPC	(6:00) SS Doomtrooper (2006)		Stargate SG-1 "Lost City"		Star Trek: Next Gener.		Star Trek: Voyager "Night"		Star Trek: Ent.
	294	650	47 TBS	Nacho Libre ★★ (2006, Comedy) (PA) Jack Black. (CC)				Sex and-City	Sex and-City	(:10) Nacho Libre ★★ (2006) (PA) Jack Black.		
	619	525	48 TROP	Traders "Meltdown" (CC)		Inside Hollywood (N) (CC)		Seinfeld	Raymond	Family Guy	Seinfeld	Seinfeld
	603	561	52 FN	Ace of Cakes	Ace of Cakes	Boys	The Wild Chef	Unwrapped	Unwrapped	Jamie Oliver's Ministry		Ace of Cakes
	626	547	57 COM	Air Farce	Just for Laughs (CC)		Corner Gas	The Simpsons	South Park	Comedy Now Casey Corbin.		Daily Show
	320	621	60 CEN	(6:30) The Tracey Fragments		Ghost Town ★★★ (2008) Ricky Gervais. (CC)			Mak. Fracture	Penn & Teller	Nurse Jackie	Evan Almighty
	581	566	101 MTV	Canada's Next Top Model		MTV Live	After	The Real World "Cancun"		Canada's Next Top Model		MTV Live
	261	394	102 V	(6:00) The Solid Gold Cadillac		Poltergeist: The Legacy		The Solid Gold Cadillac ★★★ (1956) Judy Holliday. (CC)				Paid Program
	-	-	109 MUL	Eight Heroes	Kingdom-Wind	Vancouver	Bahadur-Zafar	Dheeyan Ghar	Sadabahar	Rang Barangi	Desi Rhythms	Patrol World

critics'corner

The Listener

After Toby (Craig Olejnik) saves a troubled boy from a brutal gang beating, he stumbles upon a hidden group of runaways and must draw on his own devastating personal secret to save these youths. Ennis Esmer, Lisa Marcos, Mylene Dinh-Robic and Anthony Lemke also star in the new episode "Lisa Says." 10:01 PM on CTV NBC



30 Rock

The course of love never runs smooth, and that goes for infatuation, too. Liz (Tina Fey) wants to get to know her handsome new neighbor (Jon Hamm, "Mad Men"), but that proves easier said than done. Elisa's (Salma Hayek) grandmother doesn't approve of her relationship with Jack (Alec Baldwin) because he looks just like the villain in one of her soaps. Partying with the interns takes a toll on Tracy (Tracy Morgan) in "Generalissimo." 9:30 PM on CITY

Nick nixes relationship

Nick Lachey and Vanessa Minnillo have called it quits, their reps confirm to people.com. "They have amicably split but remain good friends who still greatly care for one another," Minnillo's rep said of the couple, who began dating in 2006. **METRO NEWS SERVICES**

Celebrity Buzz

What's life without Brad?

SOULMATES Angelina Jolie admits she couldn't imagine life without Brad Pitt. "I don't like being without him. I don't love being alone any more," she told Britain's OK magazine.

"He's amazing. He's a really dedicated father. I feel very blessed that every day I wake up and I live with my favourite people in the world, as well as my best friend."

And then there are the six kids they share. "Of course couple time is important, but we've grown to love the chaos of six kids and the fact that you can never stop being mommy and daddy. Even if we lock our door the children come knocking."

METRO WORLD NEWS

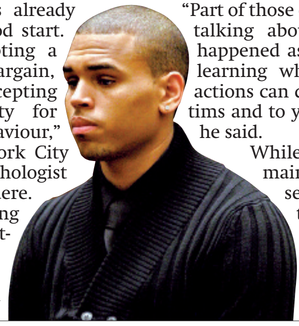
Chris kicks into career-saving mode?

DAMAGE CONTROL Chris Brown won't go to jail for assaulting Rihanna, but the question now is whether his plea-bargained penalty — community labour, probation, domestic violence classes — will reform his behaviour and save his career, people.com reports.

While readers of the magazine and website overwhelmingly said justice wasn't served Monday — when Brown reached a deal with prosecutors in exchange for pleading guilty to felony assault — some experts take a more forgiving view, saying the R&B star is already off to a good start.

"In accepting a plea bargain, you're accepting responsibility for your behaviour," said New York City clinical psychologist Jeffery Gardere. And by taking the court-mandated classes, Brown will be forced to face the issues that led him to become violent in the first place.

"Part of those classes is talking about what happened as well as learning what your actions can do to victims and to yourself," he said.



While it remains to be seen how the singer handles his anger, living in the public eye may serve as an extra deterrent. What may be harder for Brown — once known as a good boy — is rehabbing his image.

"A song with the proper lyrics and melody can heal wounds," explained former record label executive Charlie Walk, president and CEO of CWE Media, a multimedia entertainment company. "If he apologizes through song, that may be enough to take him where he needs to go."

METRO NEWS SERVICES

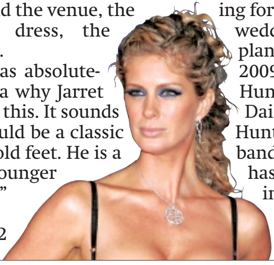
Jarret calls the whole thing off

HEARTBREAK Model Rachel Hunter has split from her ice hockey player fiancé Jarret Stoll, the U.K.'s Daily Mail reports. Ostensibly, Stoll ended the relationship in person — but the would-be groom informed wedding guests via email, popeater.com reports.

Stoll, 27, apparently did not provide a reason for the cancellation to the guests — or the bride. A friend of the model told The Sun, "She is absolutely devastated. Everything was in place for their wedding — she had the venue, the designer dress, the guest list.

"She has absolutely no idea why Jarret has done this. It sounds like it could be a classic case of cold feet. He is a fair bit younger than her."

Stoll, who is 12 years Hunter's junior, proposed to Hunter last year after they'd been dating for two years. The wedding was planned for August 2009. A friend of Hunter tells the Daily Mail that Hunter's ex-husband Rod Stewart has been comforting the model.



METRO NEWS SERVICES

Robert sends NYC into a frenzy

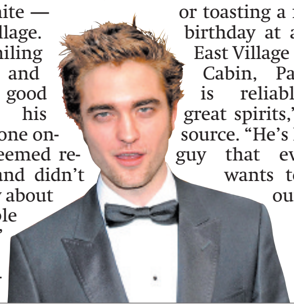
HEARTTHROB By day, Robert Pattinson makes the hearts of New York City women flutter around the city when he films his latest movie, the romantic drama Remember Me.

And after dark? The Twilight heartthrob heats up Manhattan's nightlife in a hoodie that hides his signature floppy hair, people.com reports.

Pattinson, 23, has been hitting the hotspots — including his favourite bar, Black and White — in the East Village.

"He was smiling and laughing and just having a good time with his friends," said one onlooker. "He seemed really relaxed and didn't seem to worry about the people around him."

Whether it's over dinner at the Bowery Hotel or toasting a friend's birthday at another East Village lounge, Cabin, Pattinson is reliably "in great spirits," said a source. "He's like the guy that everyone wants to hang out with."

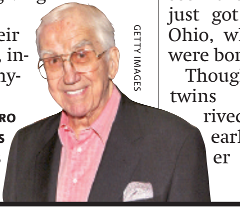


METRO NEWS SERVICES

Brit mourns Ed

DEATH Britney Spears is mourning the death of Ed McMahon, who died Tuesday at age 86, usmagazine.com reports.

Spears, who appeared on McMahon's show Star Search at the age of 10 in 1992, Tweeted: "I am deeply saddened by today's news about Ed McMahon ... He is responsible for giving so many artists their first shot, including myself."



GETTY IMAGES

METRO NEWS SERVICES

Matthew is one happy dad

NEWBORNS Leaving the stage door late Tuesday night, after his performance in Broadway's The Philanthropist, Matthew Broderick told People about the birth of his and Sarah Jessica Parker's twins: "I'm very happy. I don't know what else to say."

He added, "I've seen them already. I just got back" from Ohio, where the girls were born Monday.

Though the twins arrived earlier than their mid-summer due date, their parents were well prepared for their arrival. The couple has been readying the nursery for their new daughters, Marion Loretta Elwell and Tabitha Hodge Broderick. They recently cleaned house at their West Village brownstone, removing boxes filled with dishes, photos and musical equipment to make room for their expanding brood.

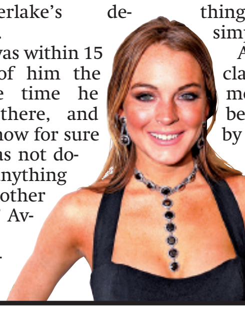
METRO NEWS SERVICES

Club owner slams LiLo

JT'S ALIBI Lindsay Lohan's alleged gossip about Justin Timberlake chatting up someone who wasn't his girlfriend at a club was apparently enough to get the club's owner to come to Timberlake's defence.

"I was within 15 feet of him the whole time he was there, and we know for sure he was not doing anything with other girls," Avenue nightclub owner Noah Tepperberg told Page Six. "He was having a good time with the guys, and came and left with them. I have surveillance cameras that show this to be the case and anything you are hearing is simply not true."

Also, Lohan later claimed her Twitter messages about Timberlake were written by someone who hacked her account.



METRO WORLD NEWS

Madge pining for Ashcombe

NOSTALGIA Madonna apparently misses Ashcombe, her English country estate, so much that she's reportedly sparing no cost to make over her New York City home in its image — room by room.

"She has ordered flunkies to go out and troll the Upper East Side boutiques for candelabras, side tables and period chaises," a source told the Daily Mirror.

METRO WORLD NEWS

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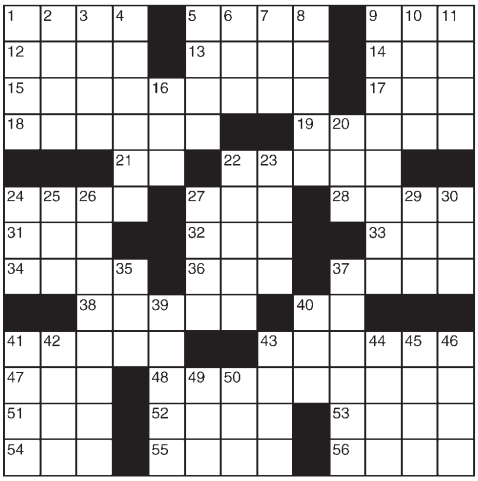
Take Five



Crossword across

1 Serve tea
5 Nibble away at
9 Once around the track
12 Teensy bit
13 Easy gait
14 Swelling aid
15 Trattoria order
17 Support system?
18 Off the boat
19 Harder to find
21 Celeb-oriented magazine
22 Tin star
24 Datum
27 Solidify
28 Elevator name
31 Conceit
32 Adaptable truck
33 Astaire specialty
34 Make one's way
36 Foolhardy goddess
37 Peru's capital
38 Manhattan Project scientist
40 Lindbergh book
41 Musical show
43 Piece maker?
47 Cistern
48 Lucia di Lammermoor composer
51 Performance
52 First victim
53 Midday
54 Muumuu accessory
55 Mob scene
56 Woman of the knight?

Crossword down

1 Tower city
2 "My bad"
3 Hexagonal state
4 Mixture
5 Merriment
6 "To be or — ..."
7 Likely
8 Odd
9 Musical texts
10 Farm fraction
11 Bartlett, for one
16 Day pts.
20 Past
22 Playwright Ugo
23 Sheltered
24 A mere handful
25 Census statistic
26 New Year's Eve mess
27 "Where America's Day Begins"
29 "How Dry —"
30 Resort
35 Aachen article
37 Myth
39 Speeder's worry
40 Oz VIP
41 Elliptical
42 Wear a rut in the rug
43 Leave at the altar
44 Old portico
45 Bit for 38-Across
46 Sommelier's suggestion
49 Kimono closer
50 Ultramodernist

Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone — one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

2	3						5	4
		1	4		6	7		
6								1
		6	7		3	4		
9								5
		4	2		1	9		
3								8
		2	5		8	3		
1	7						6	9

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

M	I	S	C	■	L	A	M	■	A	P	S	E
A	N	T	E	■	A	L	I	■	C	H	A	T
S	C	A	L	A	W	A	G	■	T	O	R	N
S	H	R	I	L	L	■	H	E	R	N	I	A
■	■	■	A	B	E	■	T	R	E	E	■	■
P	O	M	■	A	S	H	■	A	S	T	I	N
D	I	A	L	■	S	I	R	■	S	A	K	E
A	L	I	E	N	■	M	E	T	■	G	E	T
■	■	N	A	I	L	■	L	A	P	■	■	■
C	O	D	D	L	E	■	A	T	E	A	S	E
O	G	R	E	■	M	I	X	E	D	B	A	G
A	L	A	R	■	O	D	E	■	A	L	S	O
L	E	G	S	■	N	O	D	■	L	E	S	S

5	9	2	1	4	7	8	3	6
4	1	6	3	9	8	7	5	2
7	3	8	6	5	2	1	4	9
3	6	5	4	8	1	9	2	7
1	7	9	2	3	5	4	6	8
8	2	4	7	6	9	5	1	3
9	5	3	8	2	4	6	7	1
2	4	1	9	7	6	3	8	5
6	8	7	5	1	3	2	9	4

Find today's answers + play more games at metronews.ca

SUDOKU SOLVE TIME:

Under 13 min	Genius
13-17 min	Scholar
17-21 min	Smart
21-25 min	Not bad
25+ min	Keep practising

Metro Recipe of the Day

Spicy Pork Burgers with Guacamole

INGREDIENTS:

3 tbsp (45 ml) canola oil
2 cloves garlic
1 small onion
2 fresh red or green chili peppers
1 tsp (5 ml) ground coriander
1 tsp (5 ml) ground cumin
Small bunch of cilantro
1 lb (450 g) ground pork
1 small egg
Salt and black pepper
1 lemon or lime
1 large avocado

METHOD:

1. Heat 1 tbsp (15 ml) canola oil in small frying pan. Peel and crush 1 clove of garlic, peel and finely chop onion, add to pan and fry until soft.
2. Rinse and finely chop fresh chili peppers, including seeds. Set half aside for guacamole and add remainder to onion. Stir in spices and fry gently 3 minutes, or until mixture is soft but not browned.
3. Rinse, dry and roughly chop enough cilantro leaves to give 2 tbsp (25 ml) and add half to reserved chili peppers. Put rest of chopped coriander into large bowl and add fried onion mixture, pork, egg, salt and pepper. Wash wax from lemon or lime, finely grate rind into bowl and stir mixture, which should be slightly soft.
4. Heat remaining oil in large frying pan. Divide mixture into four and pat each piece into fairly flat burger. Fry over moderate heat 5–6 minutes per side, until cooked through.
5. For guacamole, squeeze juice from half lemon or lime and put into bowl with reserved chili peppers. Peel remaining garlic clove and crush into bowl. Halve and pit avocado, and scoop flesh into bowl. Season, then mash together well.
6. Drain burgers on paper towels and serve with guacamole and corn chips or soft tortillas.

SERVES 4

rd.ca

For nutritional information on this and other great recipes, go to **rd.ca** or check out **Key Ingredients in this month's Reader's Digest, on newsstands now!**

Horoscopes by Sally Brompton

sallybrompton.com

ARIES
MARCH 21-APRIL 20
You'll feel a lump in your throat when you hear a hard luck story today. Being an Aries, you'll also want to do something practical to help.

TAURUS
APRIL 21-MAY 21
Your smooth-talking ways will come to your rescue today, especially on the work front where you may have to say nice things to stay on good terms.

GEMINI
MAY 22-JUNE 21
You may be a fun-loving type but if you get carried away in the next few days the bill may be bigger than expected. Make sure others pay their share.

CANCER
JUNE 22-JULY 22
Someone seems to think they can tell you what to do, but you have no intention of dancing to their tune like a puppet. Cut the ties and set yourself free.

LEO
JULY 23-AUG 23
You enjoy being the centre of attention, but you won't be in the mood for socializing today. You don't have to make an effort if you don't really want to.

VIRGO
AUG 24-SEPT 22
Someone will try to embarrass you today but they'll only succeed if you allow yourself to feel guilty about what you have done.

LIBRA
SEPT 23-OCT 23
Your efforts in the next few days will bring amazing results — just don't worry you can't live up to others' expectations. You'll surpass them.

SCORPIO
OCT 24-NOV 22
A positive attitude will bring positive results today. A trip outside your usual neighbourhood will open your mind and could even bring romance.

SAGITTARIUS
NOV 23-DEC 21
Few things happen that are not part of a wider plan. If you can internalize that thought you will never again worry about minor setbacks.

CAPRICORN
DEC 22-JAN 20
What pleases the love of your life pleases you too, but don't let that blind you to the fact that not all your needs and desires coincide.

AQUARIUS
JAN 21-FEB 18
You'd do anything for anyone, loved one or stranger, but that can make you a target for less honest types. Don't let them exploit you.

PISCES
FEB 19-MARCH 20
The sun in Cancer at this time of year makes all things possible, so why are you trying to go back and change outcomes that have already occurred?

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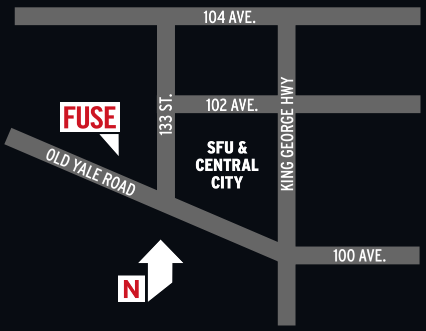

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